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MAY  
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## *Maclean's history, and Israel's future*

**C**hrisina McCall was 12 when she crossed the world of Canadian journalism in a September 1964 edition of *Maclean's*, a weekly news magazine. She had just turned 16, married only with a degree in English literature, intent to learn and a hole zinged enough to flourish as a business she later described as "coarsely matriarchal." By the time of her death in 2010, McCall had long since become a transatlantic legend in her field, one of the most well-known journalists—and women—in the country. Her life, public and private, encompassed enormous racial and political change in Canada, much of which she wrote about with wit, insight and literary grace. It's all captured in *My Life as a Slave* (Anansi), a new collection of her work (edited by her husband, Stephen Clarke).

McCall embodied political unrest like the Quiet Revolution, the "exotic misadventure of Pierre Trudeau," and his keen social eye in an display in "The New Machines," in which he explained why, in 1970, the young narrator of *Incubus* Toronto had suddenly come to abandon the lean and dignified stockbroker as a romantic ideal, in favour of... Bruno Garsault. My call on *Incubus* was the title McCall had chosen for her planned autobiography. But on her lengthy battle with cancer all McCall managed to craft were two chapters—lyrical and beautifully evocative accounts of her education at the University of Toronto and her first days at Macdon's. These unfinished fragments are the finest writing in the collection, and it's our loss the never-

OUR RECENT essay on the future of Israel (Will Israel Ever Survive, May 5) has sparked an interesting debate around the world on whether the country can remain both democratic and Jewish in light of its changing demographics.

Some critics have questioned the popularity of data in our society, which suggests Arab Jews outnumber Jews in Israel (what a generation, they point insist to different sources) from the American-based Demographic Research Group. Some have even suggested the article was "anti-Zionist" in perspective. That it is not the case (we fully support Israel's right to exist and what we call the only truly important light-on challenge that is fundamental to Israel's survival, a challenge that is well understood by prominent Israeli, including Prime Minister Shimon Peres, is that day comes when the two-state solution collapses, and we face a South African style struggle for equal voting rights). Clinton said in November, "there is no one on both sides, the state of Israel is finished."

**TIME** covers flag of this week's magazine includes an advertisement which may appear related to this week's "How Healthy Are You?" editorial package. We want to assure readers that the subject matter of the ad is unrelated and had no connection to the preparation of the articles in the package. ■

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**KEY WORDS:** aging; depression; mood disorders

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# 'The article clearly shows how veterinary services far surpass the human medical system'

## PET PEEVES

**JUDGING BY ALL** its problems, why are we not building a better health care system in Canada? ("Need to see a specialist fast? Too bad you're not a dog," Health, May 12) Could the policies, plans and people? You must realize that in Canada's publicly funded health care system, many services are provided by privately run entities that, according to basic economics, profit from a shortage of supply. The problem is further compounded because such services are "free" to the individual, so the accountability factor is a wild card.

The article by Barbara Highton and Nicholas Kollias shows quite clearly how veterinary services far surpass the human medical system. It notes that in Canada we have some 18,000 vets, compared to 85,000 doctors, yet the level of services for animals is far better. Just look at the human payment system: it is a free pay, not a fee per patient that indirectly rewards ineffectiveness. For decades, countless people have joked that when they get sick, they wait their animal vet. That might be the right way to go.

Canine J. B. Squiter, Thunder Bay, Ont.

**FOR MANY YEARS** my pet has needed antibiotics and plenty rest, including house calls, from the Cat Clinic in Hamilton. Some years my cat required a thyroid cut. Blood was drawn and the following day I received the results by telephone. If only I could have had the same speedy turnaround time for my human patients!

Dr. K. A. Goldenstein, Hamilton

**IT IS HARDLY** surprising that the veterinary medical system, when compared by the usual to be an instrument of every government's social policy and by the simple practice of exchanging a favour for a fee, has been able to do what our state health care system has not: protect its medicine.

I have seen first-hand in my growing community of Ajax, Ont., what the future of medicine will be for us two-legged patients. Here, the Ontario government is closing a mental health ward that has served our community for years. The announcement was made jointly by the hospital board and a new layer of healthcare bureaucracy called the Local Health Care Integration Network. Both groups claim that this is a "consolidation" for "efficiency" but those of us living

the hell aren't allowed access to the numbers to verify their claim. Our local hospital board spent \$75 million that apparently we taxpayers are on the hook for, even though three years ago that board booted our public rep recommendation, and along with it, a lot of public accountability. Public reactions, a recent protest march and several anonymous newspaper column resolutions, all demanding a review of the doctors and the numbers behind them, are being safely ignored in a mass of mutual deflection.

Perhaps now while sitting for the 14th hour in an emergency department or the



14th month in the surgery queue, we may find ourselves daily fantasizing about life as a dog.

Don Brown, Ajax, Ont.

**IF ROBERT CAN** get away with it, so can Rover's master. No amount of money can help a person who is suffering from pain or disability, especially if health care is not available when required. The issue boils down to the lack of resources, both human and material. The human resources are available if only financial resources and political will are brought to bear to solve the crippling shortage of family doctors and the unacceptably long wait times for surgery.

There are more than a thousand internationally trained doctors in Canada, some of whom have completed specialty residencies overseas. They have completed their Canadian licensing exams and only require

a residency or practice assessment in order to be able to serve the community. Yet the universities that have these training courses are admitting hundreds of foreign government-funded foreign students every year. These doctors return home after their training and are lost to Canada.

We propose that there be a certification for foreign visa trainees. We can have hundreds of internationally trained doctors in practice within a few years. All they need is the residency or a practice assessment. Dr. Joshua Thompson, president, Association of International Physicians and Surgeons of Ontario, Toronto

**ALTHOUGH** GUTS health care system is not perfect, the difference we treat all people, not just the rich. If the rich don't wait, stand in line like the rest of the common folk, they're welcome to buy their way to the front of the line—in the United States.

Bill Jewett, Wexford, Ont.

**SO MY DOG** can get better health care than I can? My dog doesn't smoke, doesn't drink and eats a liberal but balanced diet. She is outside more, has a more active social life and gets more sleep over a weekend than I do! I wish she performed better than I do in how of challenging cardiovascular exercise a day. I've got news for you, my dog deserves better health care than I do.

Gord Gano, Toronto

## MEAN GIRLS NIGHT OUT

FOR EVERY TOPIC woman who pays more than \$1,000 for a gown dress, there are hundreds more who will not attend their high school prom this year ("Mean girls in the next change room," Health, May 12). Why? Resisting attending the prom has become too expensive. Voluntary organizations like the Corbett Project in Toronto and the Cinderella Project in Vancouver work hard to even the playing field by providing the formal wear and accessories to deserving students who demonstrate financial need. These are students who often work twice the hours to earn just a few dollars more, students who face adversity every day of their young lives and dreams of celebrating their achievement at high school graduation with their peers. As the start of another prom season begins, remember that for every "Prom Queen Mary," there is a fairly girl

another working hard to ensure everyone has the chance to celebrate their prom in style.

Sarah Yuste, Corbett Project, Toronto

**I AM A 15-YEAR-OLD** Canadian living in the U.S. and I was engaged to read Kitchener's

her describing prom night as "the biggest night of many girls' lives." No doubt prom is fun, but it is completely unnecessary for any one outside such a typically American big deal out of them. Girls who "don't want their friends to look 'that good'" are not true friends at all and will end up in their life being friends and single. This said, she would play better as a soap opera antagonist or in a television. If Kitchener wants to write about teenagers, I suggest she cover something worthwhile.

Natasha Campbell, Portland, Ore.

**WHAT'S ON TV?** KNOWING MY COTTONMOUTH is the latest CRITC banners ("Welcome to our regularly scheduled whining," Opinion, May 12). Andrew

Coyne doesn't get it right when he claims a logical inconsistency between Canadian broadcast rights the CTV exporting cable and satellite companies to pay for what they see (for free) or to support the main



THE PARTY DRESS does not make the girl, a reader says

streamer of Canada's simultaneous subscription requirements (localization). Our positions are consistent and very reasonable.

As Canadian broadcasters, we pay the exclusive territorial rights for the U.S. programs we air in Canada. Domestic subscription rights typically prefer our legislative rights by demanding our advertising U.S. signals in our territory. This practice of simul-

cating is far less invasive from a consumer perspective than in the U.S., where advertising agencies supply broadcast not broadcast in the U.S., in fact, to consumer TV signals outside of their respective markets without program rights.

As broadcasters, we pay for what we see and so must Canada's cable and satellite distributors.

Paul J. Squibb, Executive Vice President, Corporate Affairs, CTVglobemedia, Scarborough, Ont.

**THANK YOU FOR** Coyne's article about the self-serving presentation by the broadcast industry. On the one hand, we have the commercial networks, complaining they should be getting a carriage fee claiming the cable and satellite providers are losing a free ride. On the other side, we have the cable and satellite industry opposing it, claiming to represent the interests of consumers. However, that is not the only kind of "winning" going on by the cable industry.

The industry is also campaigning against the Canadian Television Fund, a fund that provides funding for Canadian programming. For example, refer to it as a \$250-million bonanza. That fund has provided funding for many good programs and musi-

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## 'Some of Glen Pearson's class may yet rub off on the untutored and the unwholesome'

series over the years. Among them are *The View's* Debbi, *Blue Monday* and *The Insider*. One has to wonder what the cable industry would do with the money if it was the fight. Would it pass the money on to the contestants? Would it divert the money to funds such as *Ramen* Cable Fund and *Show Cable Fund* or would it just be added to the bottom line?

Concerns cannot take the networks or the cable industry seriously when they claim to be representing the consumers' interest rather than their own.

Drew Howard, Victoria

### FEMALE FANTASIES

I COULD HAVE Kim Cattrall to be a Canadian icon. The interview Kenneth Whyte did with her was fine, but I really do not understand the point of the additional article ("The case of *Sex and the City*" TV, April 18). *Sex and the City* is not responsible for the poor spin-offs coming from this show, nor is it responsible for Lindsay Lohan's debasing sexual proclivities. It is not her that your author did not understand the power of the show, and why so many women had mysteriously attracted to it. It is not her that the female thoughts on sex and sexuality, but more so do with what I call female fantasies.

In a world where women have the choice of being portrayed like Lindsay Lohan, a mother figure, or a career-focused bitch, *Sex and the City* offers an first completely different character when most women identify with in some way. With the exception of a few episodes, there are no dirty dialogues, or sexually charged. There are no dogs peeping in the front hall, or cars racing, apart cars, and no rape. There are no decisions about what to have for dinner, or about reading to have a talk about family expenses, or sharing household chores. *Weekends* seems to have about 10 hours and there is always time and money for meals out and to catch up with friends.

Call it feminism, call it empowerment, call it contentment. It was, and will be, a commentary about women and what we could be. Carolyn Zell, Calgary

### SEX SELLS MILEY CYRUS

YOUR EDITORIAL on Miley Cyrus is being an ("A plan for decency in the age of obscenity," from the Editors, May 12) in response to your line, "The exploitation of Miley was,

depressingly, a group effort." I say it was also a money-grab effort that Miley Cyrus should be eternally thanked for in her photographer Annie Leibovitz, a well-known controversial photographer. But the book didn't stop there. The magazine had a case of people working together in supposed professionals who made



KIM CATTRALL, says a film, is a Canadian icon

the judgment call to put the photograph in. And it's all for money. Shouldn't there be legislation with this? Protecting a 15-year-old from being sexualized is everybody's job. The parents, too, claim they had left the show when what you call "a near topless shot" was taken, which is probably baloney.

Intelligent people do not accept the kind of material and blatant greed at the expense of a 15-year-old. The people who made up that this *show* are the same ones who, when they get caught for doing something illegal, when that society should have protected children from the harm or the exposure. It's not the intelligent and moral people of the world made the decisions and spared everyone the hassle. Angie Dawson, Cambridge, Ont.

ANNE LEIBOVITZ is not a pornographic photographer, she is an art photographer. In art there is a history of appreciation of the human form. The picture is questionable not even unclothed. If it is explored carefully with the help of parents, perhaps women would be less insecure. Should we not allow our daughters to dress up for dinner? Or discuss issues of sexuality openly and non-judgmentally? Elaine Murray, Calgary

### NICE GUYS FINISH FIRST

WHAT A PLEASURE to see you recognize the civility of my MP, Glen Pearson ("The last decent man in Ottawa," National, May 22). He is a true gentleman struggling mostly alone and the many MPs of all parties who abuse, scream, shout and jab their fingers accusingly at their "honorables" colleagues during question periods, and sometimes during regular "work" periods. Alas, most will never change because decency and respect are perceived to be signs of weakness and surrender. Hung in there Glen—some of your class may yet rub off on the untutored and unwholesome. Charles Fildes, London, Ont.

### WILD AT HEART

WHAT THE TWO-YEAR life of the bear JJ says to me is there isn't any room for anything wild on this planet ("The End, May 22). When something is too wild, he itself and he behaves according to the dictates of survival, it is called predatory, problematic, bold, aggressive, or a nuisance. What successful survivors aren't all of these things? JJ's short, troubled life is a poetic commentary on the future of wild things on this earth. It seems we want to dislodge these natural behaviours that create everything wild. Jon Elliot, Vancouver

### IN PASSING

NASA O'NEILL, 68, writes: The Irish author of the international bestseller *Are You Somebody?* and long-time columnist for the Irish *Irish* died last winter here. Peadar Kirby, O'Neil was well known for his unvarnished descriptions of life in impoverished upbringing, his humor, strong opinions, and his long-term relationship with Irish rights activist Nell McCafferty.

Robert Rauschenberg, 67, painter, sculptor. A contemporary of postwar modernists Jasper Johns and Donald Judd, Rauschenberg was a prolific and successful American artist. His sculptures—such as *Red*, which included his own quail and gull—were often made from found objects. He died of heart failure on Monday evening at his home on Florida's Captiva Island.

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## A WEEK IN THE LIFE OF GEORGE W. BUSH

Last week, the U.S. President offended Cubans by conversing with them, and criticizing Fidel Castro's "empty gestures at reform." On Sunday, he celebrated the wedding of his daughter Jenna at the family's Texas ranch. Fisher and bride danced to Joe Cocker's, *So You Se So Beautiful*. On Monday, after Israeli police raided Jerusalem city hall as part of a fraud investigation involving PM Ehud Olmert, harsh defectors of the Israeli leadership called him "an honest man" and "an even more reliable ally."

## Good news

### Toward democracy

The Argentine dictator's victory of Serbia's pro-Western President Boris Tadić last weekend keeps alive the fading hope that a peace treaty will finally be signed in the former Yugoslav lands. Heading into the vote, it appeared that ultranationalists were poised to seize power. Not only would that have delivered Serbs back into the clutches of Moscow, it would have also killed any chance that international criminals like Slobodan Milošević still wanted for the 1999 slaughter of up to 8,000 Muslim men and boys in Bosnia—would be handed over to The Hague. Cap turing the baton's responsibility for the Serbian massacre is far from guaranteed by Tadić's victory. But at least this game of cat-and-mouse isn't over yet.



### Vitamin veracity

Healthy Canada is finally doing what should have been done a long time ago: a comprehensive study into vitamin D. Organizations like the Canadian Paediatric Society have long recommended high doses of the sunshine vitamin, insisting that it helps prevent everything from cancer to heart disease to multiple sclerosis. But in Montreal reported last month, vitamins can be dangerous when taken incorrectly. Considering the popularity of vitamin D, it's about time Canadians are

real data to separate what I think  
is a fact, reality

### Changing the channel

The taste of your, when TV networks decide which shows to cancel, can sometimes be crucial. Global TV viewers, for example, will be relieved to see this prime-time bawdiest. Back in the, Carver's Canyon and New Americanism. Global also holds the rights to the moribund TV series franchises. The network's final of the ongoing reality show drew in more viewers than any U.S. women's despite what producers say was an unprecedented season of subterfuge and betrayal. To put the curbside reality TV phenomenon where it has belonged for a good few seasons off the prime-time island. The network's

Smile, dirtbag

And up with police inaction over a rash of break-ins, a Saabey, B.C. man has created creditable rate-an-Internet-may-warned on for victims to post surveillance video of commensal action. Let's hope this online rogues' gallery does for the Web what America's Miss Wizard has done for Fox TV. The hit show marks 20 years on its this week, with the arrest of accused murderer Dwight Smith (the 1,000th fugitive nabbed through the show).

## Bad news

### Against the grain

The destruction in Burma is having ripple effects around the world. Last week, after crops at the country's primary rice producing areas were destroyed, the price of rice continued to climb for an eighth day. Worldwide demand for the staple grain is constant at an all-time high. Nigeria, among others, needs the world's top rice importers, conspired with U.S. and Thai officials last week to devise ways to speed up rice shipments into the country to stave off a food shortage. With food still off uncertain spending, and with devaluations, many outside the rice business is everybody's problem.



### Taxed and confused

It seems the RCMP has learned little from the case of Robert Deschamps, who died after being shot with a Taser in the March

In a hospital bed in Kamloops, B.C. He had refused to drop a pocket knife. Shocking

## Pay it forward

Auditors' general reports to E.C. and Ottawa last week reveal the dismal state of Aboriginal child protection. Children in care—many reserves are eight times more likely to be in government care. In E.C., Aboriginal children account for 51 per cent of those "in care"—a testament to dysfunctional family lives. Surely the \$60 million to be spent on residential school hearings would be better directed to the daycare that is the native child welfare system. Shouldn't saving today's generation trump insurance for tomorrow's?

### Rotten Apple

That week, an influential climate change group mailed an Apple Computer dead link on its annual list of environmentally friendly electronics firms. Also, the iPhone was reportedly out of stock worldwide—just as Apple's rival, Research In Motion, introduced its latest BlackBerry App in yet another round of costly court settlements. Apple agreed to fork over millions in rebates to Canadian consumers who bought faulty iPods. Finally, some rumors for that PC guy in the commercials. ■



**CAPITAL DIARY**  
**CLAS**

**IF'S DRINKING HAND  
SURVIVES MATCH  
WITH PACES**

After five years of being the losses the prudent investor paper beat the MIP's 3-8 in the annual success match. The paper held signs promising, "we will party sleep your heart" and "Our chance is bigger than yours" They MP Rabbin Jaffer announced the first goal was in the door playing field was bigger than last year and more running eventually put the home team into a disadvantage. When Public Safety Minister Stuckwell Day missed a shot one MP yelled, "And by call himself customer material!" As the numbered goals goals increased Defence Minister Peter Mackley joked to Human Resources and Social Development Minister Monte Solberg, "That's it, we are cutting off all the intelligence programs." (All the goals



**SAASH JAFFER**, Peter Soffer (with injured hand) (top), Roni Andersson (middle left), Maxine Baerler and Julie Crumell (middle right), Nicholas Doh and the Green Family, (left) a soccer-playing page with dog, Zorine Krueber's mother, Thelma Krueber

**DION'S WIFE'S**

## FLOWER POWER

the rooms were out of control when Selphane Doss's wife, Jane, and her husband, John, held a reception at the Stornoway for Canadian donors to the NGO charity SOS Children's Villages. More than the usual number of bouquets were on display because the National Capital Commission had been clearing the official residence for

[illegible]

for the children in Namibia, the African country where Brad Pitt and Angelina Jolie's daughter Shiloh was born. Debbie Goetz, O'Neil's daughter of the same age, went to Africa for "the dust-sucking ceremony." On display at the party were stories about some of the first SOS villages started by Kitcher's journalist mother.

accompanied by photos often

**IT'S NOT WHY THEY  
CAME TO OTTAWA.**

The first question period following the conference asked that Foreign Affairs Minister Massimo D'Alema's former girlfriend, Monica Costantini, had ever dated Guy Borscherdt, Italy's House Leader. Peter Van Loan replied, "I know it is not the Foreign Affairs clerk [Bob Lake] asking questions of the German affairs secretary—I think it may be the one guy over there who is a little too close to it." That's the real deal. Not subject's questions on the topic. But two Libyans have consistently refused to ask any questions on any travels—first from the decision banning "in and out" drives to the Chuck Cadogan affair. After Glen Pearson and Evelyn Cooke both told Capital Party that it was they they came to Ottawa, Louis told there are two "clubs" near Van Loan's home.

## Police officer stops busy highway traffic for duckling crossing



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# The debate they won't be able to avoid



PAUL WELLS

Victorinox Day, and summer is upon us. Soon Stéphane Dion, having posted up a few more chances to defeat the Harper government in Parliament, will tour the country urging Canadians to defeat the Harper government at the polls. Just, you know, not yet.

Harper will make a few headline-grabbing, populist announcements he could not have made if the Liberals had needed themselves sooner to force an election. But mostly he will disappear for weeks at a time, as he has every summer since he became Canadian Alliance leader in 2003. We used to think this meant he wasn't working. Once on TV I called him Canada's first nonverbal opposition leader. The next time we were in the same room together Harper caught my eye and pretended to nod off. He can be a funny guy.

But of course we now know that it's what Harper is out of sight that he is most dangerous to adversaries because he is explaining and organizing for the next confrontation. Dion, meanwhile, will improve as a political performer during his next tour, because there could be nothing worse. With all that in mind, let us make this radical prediction: Despite the Prime Minister's frustration and his principal lieutenant's clamours, the next election will be one for the ages. I have no idea how it will end. But believe me we will have some of the biggest debates for Canada's future. Why? Because the times demand it.

At QUANTUM'S UNUSUAL COINTEGRATION: Tom Condoche has pointed out, in 2006-07 Ottawa and all the provinces posted budgetary surpluses for the second year in a row. The last time the whole country was in the black for two years running was 60 years earlier. It's hard to see as a share of GDP are at their lowest point since the early 1960s. The dollar is trading higher than in decades, unemployment is lower than in decades, Quebec separatism is so incoherent as it's been since the mid-1980s

It's as though we've been getting ready to do... something... since then. Mulroney left office. But ready to do what? What did we get all those houses in order to do next?

The Harper Conservatives will argue, in effect, that there is not much left to do. The fruits of Canadian governments' smart decisions over the past decade and a half are in danger precisely because governments will be tempted to get big ideas, to test and spend as all into private again with grandiose projects. The way to stop that is to get still more money out of Ottawa's hands and into yours

and, the road back to power lies in persuading the NDP voters of 2006 to vote Liberal in 2008 or 2009. Over isn't too Harper's vision away from Harper, maybe, to be made to undo the left.

But active government needs fuel: tax dollars. Harper's GST cuts were designed to deprive future governments of an income source. Hence Dion's decision to put a price on carbon, though what so far has been a pathetically poorly explained carbon tax of some kind.

There's a big gap between the two visions



## At the heart of the coming election are two radically different ideas of government's role

with not only.

Since that won't capture all the money sloshing around Ottawa, it's best to let the rent down in other ways. That's the best explanation for the Harper government's strategy, especially 20-year "golden age," which Harper announced in Halifax on Monday. It's repackaging of previous announcements and it contains delicate spending to barely keep pace with GDP growth. But its real purpose is not to build the military in any carefully planned way; it's to keep all that money so it can't be spent on anything else. Like, say, social programs.

The Liberals will argue that budget restraint, high employment and relatively low taxes are a solid base from which to launch an era of government activism. They have a tougher row to hoe, simply because, although government has fallen out of public favour while we've spent nearly a generation running government in. But they have to make an argument for serious government, whether it's an easy sell or not. First, they can't outbid the Conservatives as fiscal managers because Paul Martin the prime minister was notorious in finding ways to torpedo the legacy of Paul Martin the finance minister. So-

on display here. While Parliament is in session, neither leader likes to talk much about that gap. Harper prefers not to talk about anything at all. Dion and his caucus are in an endless search for a magic bullet that will stop the Harperites. They're up to a second or very close to a new one, and the "best" best defense is certainly not Pierre Poindexter, it's the Liberal's own refusal to stick to anything long enough to look like they believe it.

But this phony war cannot last beyond the first day of a campaign. Harper won't be able to hide. Dion will have to give up searching for scandals. Both will have to explain the numbers.

Don't get me wrong. I'm not predicting some Altheim ideal. There will be much and misrepresentation aplenty. Calls and newspaper columns will get all the attention they deserve from my lot and mine. But at the heart of the coming campaign are two radically different ideas of government's role. Harper and Dion can't avoid that debate. So, intelligent men that they are, they will engage it. ■

ON THE WEB: For more Paul Wells, visit his blog at [www.macleans.ca/whatsnew](http://www.macleans.ca/whatsnew)

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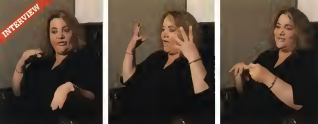


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## 'Memories are flashing all the time. I do live in the present, but I also have my entire life that walks right beside me'

JILL PRICE TALKS TO KATE FILLION ABOUT WHAT A PERFECT MEMORY HAS DONE TO HER LIFE, THE PAIN OF NEVER FORGETTING, AND ALZHEIMER'S

Jill Price, 42, has the first diagnosed case of "hyperthymestic syndrome" she has known. As a result, she has a continuous recall of every day of her life ever since she was 12. Name a date and she can accurately tell you what day of the week it was, what she did that day, and any world events she was aware of at the time. Through a battery of tests, doctors have verified that her memory is extraordinary and her brain does not look like the average brain. But as Price explains on *The Woman Who Can't Forget*, living with the most remarkable memory known to science is not easy.

**Q** Are you remembering big, bright and loud moments of the time, or more banal things, like what you had for breakfast on this day 30 years ago?

**A** Everything, all mixed together. I can take up great detail about any very childhood, though sometimes I can't pinpoint an event due to the order in which things happened. From 1976 to 1980, I can tell you what order things happened in a chronological order, but for whatever reason, from 1980 onward, I can tell you every single thing that happened to me.

**Q** Do you have your memory on an off? **A** No. It's never really stops, and it's the blinking or flashing, it's involuntary. It's not working or working. It's or even right now, talking to you, there's always some body kind of whispering in my ear, I'm seeing a man

running across my head. Memories are flashing all the time, it's uncontrollable and random. I do live in the present, but I also have my entire life that walks right beside me, and I can't distract myself from it. I have a lot of difficulty sleeping, because my brain is always spinning, and when I do sleep, I have the craziest dreams, I don't know how to relax, really.

**Q** How does your brain work every day? **A** I have no idea. I'm at work or driving a car, which is like having a model weapon so you have to concentrate, and I'm totally in the moment, but I also have the loop going in my head. I'm doing 13 things at once, always. Sometimes I'm figured out a way to live with this, because otherwise it'd be a mental hospital.

**Q** What happens in your head when someone mentions a particular date, or you see a date in the paper or somewhere else?

**A** I automatically go back to that day, it can't help it. I explain it like this: it's as if somebody were following me with a video camera throughout the rest of my life, and at the end of the day, the tape goes on a shelf. If you mention a date, it's like going to the shelf, picking up the tape, and just as it's a VCR. I think about that, "Oh, she can remember everything, that's so much fun," and they have how much I really remember and what this has done to my life.

**Q** What's the worst thing your memory has done to you?

**A** It hasn't protected me. Everyone else

has the luxury of their memory fading, so they don't have to sit with stress on their chest, 24 hours a day, from 10 years ago. **Q** Because you don't have to come up as the past, you actually smell it and find it and have all the emotions all over again?

**A** Right. If I had a brain like everybody else's, I would've had a totally different life. I feel justified by my memory. I can't let go, and I can't move on. I cry, in real life. I do move on, but in my head, I don't. I'm constantly losing myself, angry about that or regretting that. For instance, I went to a prestigious high school and couldn't back it. I left there 18 years ago, but I'm very angry and disappointed in myself, envious, still. My dad is like, "Get over it." But I can't get over it.

**Q** You wrote about being "cassinated" by your memory, "imprisoned" by it. Is it the kind of violent imagery associated with Alzheimer's, interestingly enough?

**A** Yes. When I was 17 years old, I remember being in the bath and a little old lady came in as her nightgown, she looked like Granny from *The Beverly Hills Cop*, screaming at the top of her lungs. Someone said, "Oh, she's got Alzheimer's." I was the first one I'd ever heard that word, and it's what stuck with me: a woman imprisoned in her bath, not knowing what's going on. I have the opposite problem, but I'm also stuck in my head and nobody understands the frustration and emotional level I go to. **Q** And unlike doctors, you can't rewrite or reframe history or do a more positive light

**A** That's apparently what most people do, I can't, because I'm so stuck in reality. I really see the big picture. I'm totally realistic about pain, probably too realistic. There pretty much perfect recall of conversations, which is annoying for people. I can remember exactly what was said and what happened years ago, and when I tell a story, it never changes and I never wear. When most people tell a story, it changes over the years, I've noticed. People add things and take things away and move events around. I don't say anything, because I don't want to embarrass anyone, but I do notice the changes because I remember the actual way it was. Her people tell their friends why they want me, but I know I don't really understand forgetting. My brother can't remember anything. That would freak me out.

**Q** Is there something you'd most like to forget?

**A** When my husband died. It's only been three years, but in 10 years it will still be the same. I could tell you minute to minute about our time in the hospital.

**Q** How does it change the grieving process if you remember every minute and word?

**A** I'm glad I can remember, but it's also very painful, because I know how it ended. **Q** It's interesting given all the other things you remember that you're not good at rote memorization.

**A** I was terrible in school. I would have a meltdown if I had to memorize a poem.

**Q** But you're a nurse, so you have outstanding recall of current events. Do you notice a lot of medical and historical inaccuracies in the media?

**A** Oh God, yes. At one point I wanted to start my own continuity company and have all of Hollywood call me. I find it really weird doing that people don't do that movie lot of research to get their lines straight, especially now that we have the Internet.

**Q** In example papers, you've always been assigned, referred to as hypermnesia. Is it trying to go public?

**A** No. I usually reached out to the doctors and scientists because I was interested and wanted to figure out what the hell was wrong with me. But this isn't really about me but about science. The scientists from Harvard who [recently] read my brain scans went to study me pretty much for the rest of my life. I would really be proud if they could find something that would help other people.

**Q** Do you expect in your family have a great memory, and do you think there are other people out there with hyperthymestic syndrome?

**A** My parents are lost causes, that doesn't seem to be genetic. But I can't be the only person with this or it would be a really cool joke. I used to tell the doctors, "I want a support group." I guess I'd find it comforting, but I'd want to know the people were documented and real.

**Q** Do people ever thank you for being so? **A** No. And I don't really talk about it much, but even in casual conversations, people will figure out that something's up. For instance, one day I asked a woman to work with me, one day I asked a woman to work with me, "When did you start working here?" She said, "April 11, 1990." I said, "Why'd you start working on a Wednesday?" And she looked at me then I said, "Oh, probably because Passover was on Monday that year." Those little things I say and do, people know I'm for real.

**Q** What's your very first memory?

**A** Being in a crib, and my uncle's dog walking on top.

**Q** How can you know that what you remember actually happened?

**A** Because I say things to my parents and they say, "How do you know that?" I usually see this stuff in my head, I don't know how to describe it. About months ago my aunt was mentioning an incident from when I was two, and I started chattering in with bits I remembered. So my parents' memories are so good, just like my journals were proof to show the doctors and someone that I was real.

**Q** It seems counterintuitive that you keep journals if you remember everything, why bother writing it down?

**A** I don't know why, but I need the docs' verification and I need it to be tangible. I haven't written anything about 2000 because I haven't had any time, so I'm in a kind of weird limbo with my head on the top of my head. But once I'm in my house, it stops with me. I'm usually 100 percent sure of what I'm doing. It's all right in my head. I think [this habit of needing to document everything] stems from the move my family made from New Jersey to California when I was eight years old, how I felt my whole life had been ripped away, and my reaction to that was to hold on to everything. Hearing that, you'll think I was dumped on a street corner with people sticking needles in my eyes. Obviously I wasn't. But in my eight-year-old, I was documenting.

**Q** Your conclusion, the fact that the emotional content of your memories doesn't fade over time, that you get specific insight into life. What can adults learn from this?

**A** As you've got to be really careful what you say or do, because it really makes a difference. That's what I don't have my memory. Things that were said to me when I was little have really resonated throughout my whole life.

**Q** You find change and new experiences extremely difficult? **A** Maybe. The reason is that I know how much things change, because I know how the way things used to be. People talk about "back in the day" stuff. I really remember back in the day, and I feel back in the day, and most back in the days are better than today.

**Q** What time period do you most like to remember?

**A** My earliest childhood. I was strapped in security and love.

**Q** You must feel like a time traveler some times. Isn't it lovely, going back to those times so you are able to remember?

**A** Yes, but I get great enough and comfort from them, also. Other people don't for sure do that, and it's why I say I would never change my memory. I would have to not be

able to go back and remember the things that give me comfort. *National Geographic* did an article on one of us who were in different rooms with our memories. There were 100 whose brains had been eaten away by syphilis, and he can't remember one minute to the next. He's happy in a hotel. I remember everything, and I'm miserable. But I would never change that, because memory is what makes you who you are. If you don't have your memory, you don't have your life. ■



**'When most people tell a story, it changes over the years, I've noticed. But I don't say anything.'**

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# FIREWORKS AHEAD!

**A Harper vs. Dion election match could generate heat. Really.**

**BY JOHN GEDDES** • It doesn't have to be like this. Canadians who voted in politics as a spectator sport relegated to presiding their noses up to the glass of the U.S. presidential contest, fighting with envy. There's no denying that the pressure now being applied to Ottawa's minority Parliament look pulled by comparison. Coming ahead to meet fall, it's all too easy to imagine most of the same. The clash of presidential campaign narratives—the Republican overkill with his Vietnam prisoner-of-war backstory, up against, as new teens census, the storming Democratic opponent who would be the first black president—looks certain to outshine the rivalry between Stephen Harper and Stéphane Dion.

Yet there's more potential in a Harper vs. Dion campaign matchup, whenever it comes, than jaded pundits allow, or an uninspired voting public senses. Granted, the legions of the leaders of our two main federal parties aren't nearly as intriguing as those of Barack Obama and John McCain

Both the Prime Minister and his Liberal challenger, though, arguably bring more intellectual heft to the political arena than either presidential hopeful. If Harper and Dion aren't sparking public personalities, there's no reason they couldn't still serve up an unconsciously messy policy debate.

Remember, Harper came of age intellectually as an economics M.A. student caught up in the liberal neo-conservative atmosphere of the University of Calgary in the 1980s. He emerged as a policy provocateur with a track record of loudly right-wing analysis of the Canadian condition. For his part,

Dion honed a formal education in a top-tier Ph.D. student at Princeton's best grad school, studying the stress level politics of Pennsylvania's under a famous academic mentor. He went on to earn his doctorate in Canadian public opinion in single combat, first as a Montreal academic and then a federal cabinet minister.



later, when as the law firm's president will be challenging the claims of Quebec's sovereignty establishment.

Far from being risk adverse, these two fine captured attention by being quietly risk receptive. So how did Harper, as Prime Minister, become more interested in controlling the message than driving the message? How did Dion, as Liberal leader, manage to

let himself be labelled 'indiscreet'? The answer to both questions lies in the day-to-day grind of trying to lead parties in conditions, at a time when neither his party polls strongly enough to lead safely, and both sense they have some margin for error. But politicians are no more likely to lose their convictions, at heart, than anybody else. So perhaps it's not too much to hope that the authentic Harper and Dion are only dimming. Maybe each needs the other to get his head back to fighting form.

A tantalizing hint of how that



might be spiced has recently filtered out from Liberal backroom: There is a considerable

gap putting a carbon tax at the centre of the next Liberal platform. Up until recently, conventional wisdom among Liberal and Tory strategists alike was that taxing fossil fuel consumption, to curb Canada's greenhouse gas emissions, was a political non-starter. Their shared fear: while voters might pay lip service to environmental concerns, they would punish a party that tried to make them pay for pumping out carbon dioxide.

But British Columbia Premier Gordon Campbell's groundbreaking introduction of a carbon tax earlier this year challenged that assumption. Campbell's tax, too, too began with but aimed to ramp up over time, did not prompt a popular backlash. Dion took note. He hasn't made a final decision, but already his circle is buzzing. "It's about being up about fundamental change in the way we do things," said one aide. "If Dion does push ahead, his baseline 'value pillars' position, in which he claims to have a vision for making the environment equal to the economy and social policy, might suddenly sound like just that rhetoric."

Responding would test Harper's policy imagination. It would also make it hard for

him to go on convincing Dion is a non-leader who can't make up his mind. But by putting a carbon tax at the centre of their platforms, the Liberals might come to be playing to Tory strengths. After all, the Prime Minister is, according to polls, preferred by a wide margin over Dion in an economic manager. He would also seem to have a better grasp of the issues than had come previously, even if Dion said it as part of a broader package with offsetting tax cuts elsewhere.

Allowing Dion to set the main subject of a campaign debate



**THEY'VE PLAYED IT SAFE, BUT THE TWO LEADERS MIGHT YET PROD EACH OTHER INTO FIGHTING FORM**

would be risky for the Liberals. As well, Harper tends not to set his economic policy as the basis of a campaign, even when it's the focus of a Liberal attack. He's more likely to focus on the specifics of the economy. In 2001, he wrote insightfully about how the political revolution led by Ronald Reagan and Margaret Thatcher a generation ago forced liberals everywhere to the right on economic matters. As a result, free trade, balanced budgets, and even tax cuts are no longer the darling of progressive politicians. "The truth of the matter," Harper said, "is that the real agenda and the defining issues have shifted from economic issues to social values, so concerns that must do the same."

He's no mindless "freebie" ally and defender, committed justice and economics, and health care and social services. In the new defining policy files. Sure enough, all these areas remain hot to be focal points for his future government. If debate in the next campaign is to be relevant to a range of ideas, Harper will need to continue highlighting social as well of these areas again. It might be his only way to avoid fighting on Dion's chosen ground of environmental vision.

FROM A carbon tax to border issues, crime and health care, there are a host of subjects for a messy Canadian political debate

Harper might set with foreign affairs. An incumbent prime minister enjoys the dual advantage of being able to present himself as an actor on the world stage. Recently, Harper has tried out unexpected variations in his performance, a surprisingly hard line on the global financial subject, a surprisingly soft line on the United States. At last month's Canada-U.S.-Mexico summit in New Orleans, asked by reporters about Democratic presidential candidate Barack Obama opening the North American Free Trade Agreement, he countered with sharp warning of his own. Harper implied he would use Canada's oil and gas exports to the U.S. as a tool for raising market access.

Then, earlier this month, he dispatched industry Minister Jim Prentice to Washington to small American politicians for allowing the so-called "drift" of the Canada-U.S. border. This was no hastily conceived expression. Although Harper is a long pro-American



track record, he has been gradually building toward a more critical stance. In an interview with *Maclean's* last year, he candidly said he expects the peak season of U.S. security and export regulations at the border to keep slowing down international trade. Now, with the next presidential election just over the horizon, he's more likely to be holding a more critical stance.

He said cabinet has held serious discussions about how to develop new long-

term strategies if Canada can't maintain its "special relationship" with the U.S. "If we can't restore it," Harper said, "we're going to have to think through carefully whether that requires some long-term rethinking of our other strategies." It wouldn't go into details, but any policy thrust that assumed a permanent cooling of Canada-U.S. ties would be a dramatic departure. It might entail a more systematic approach to expanding trade to other countries, or a tougher stance on Harper's dilemma to oil and gas exports with whom it comes to protecting. With the U.S. now taking seriously Canadian concerns about efficient access to the U.S. market.

Dion might find it hard to match Harper in procuring for voters new approaches to the U.S. relationship. Conservatives are basically associated against being heard as a future scan. That would have to read more carefully. As well, Harper could use robust defense policy, always popular in Washington, to balance off a more hawkish-looking position on trade and border issues. His government has already ordered the Canadian Forces new standard 18 aircraft, helicopters and Arctic patrol vessels. This week, he announced a 20-year, \$30-billion defence procurement program. By planning far beyond the life of a



single government, he hopes to disavow for the long-term settlement of everything from fighting jets, to fighter jets, to the vehicles and systems that fight on land.

In a recent debate, Dion would briefly point at least some of those multi-billion-dollar purchases, and the philosophy behind them. Canadian voters would be treated to an honestly clear clash of defense views. Harper would argue for Canada to keep building a military aimed for what he once called "the great geopolitical battles against modern enemies." Dion would counter by listing "key security procurements" he has already disavowed as "in many cases neither necessary nor wanted by the army, equipment that is no part of any coherent foreign policy plan." He might note, say, replacing the aging CF-18 fighter jets. And he might understate

how he has always chafed against what he sees as federal incursions into provincial jurisdictions. The potential for sympathy with Quebec nationalism was always there. In Bill 21's Throne Speech, he promised "legislation to place federal limits on the use of the federal spending power for new shared programs in areas of exclusive provincial jurisdiction." That bill hasn't yet been tabled, but he's depending on exactly how the law tries to bend in Ottawa, and how it is used in Quebec, such legislation might form the basis for a negotiable compromise with Dion. He has long bemoaned any claim that Ottawa intrudes too much on provincial turf, especially Quebec's. "I've seen this often," he told *Maclean's* last year, "politicians coming and saying, 'You're right, as province leaders, to say that Canada is unfair to Quebec. You are right to say that Canada is being unfair to you, that the country is too centralized, but that's not me and it will change.'"

If a battle over federal powers might end the attentional Quebec vote, steady over the last 20 years of exporting industries might be the top of mind some in Ontario. Much depends on how the plan unfolds in Ontario manufacturing communities by the current U.S. stimulus. Unemployment the most

QIL AND gas exports to the United States, defense policy and manufacturing issues. All around Harper into an election campaign.

can help to understand. Back in the spring of 2004, when he was running for the leadership of the new Conservative party, he said: "You know, the principal area where we're going to get the government out entirely is corporate welfare and industrial subsidies."

Not quite. Last year, the Tories announced their strategic aerospace and defense strategy, a subsidy fund that will deliver over \$900 million over five years. This year, Finance Minister Jim Flaherty unveiled a \$150 million, five-year automotive innovation fund. Clearly, Harper has found it harder in power to run off the corporate subsidy spirit than he imagined when he was in opposition. Still, in a real debate with Dion—a trap that forced each man to dig deeper where truly believes in—Harper might mention some of his old aid for letting the free market do its thing.

And the perfect for a reborn, non-interfering Harper might be Dion. The Liberal leader proposed a bill—outlined, for instance, to support manufacturing switching to green technology. "The cars alone are not enough," he said early this year. "The federal government must partner with the manufacturing sector to adjust to macroeconomic shocks. That requires strategic investment." On the other hand, Dion is not a one-dimensional, old-style advocate of government action. If anything, the tax platform he proposed last fall concentrates more than the Tories have on business tax cuts.

But it's that sort of complexity that would make a full-volume Harper-Dion clash so thrilling. Dion starts the argument over a carbon tax, Harper broadens it to include managing the economy or strengthening the tax system. Harper makes out a position on how to raise a province's U.S. relations. Dion replies by raising even bigger issues about how Canadians view their own lives. And then comes the other's bet on Quebec, and the whole federal-provincial balance of power in a social play.

There's enough here to set up a perfect storm of a political debate. But the key ingredients are Harper and Dion themselves. They are politicians, sure, prone to playing angles and accepting compromises. But these two were fighters first, dealmakers who knew their own minds, and weren't adverse to telling you so in clear terms. We need to hear those voices again. ■

LAST PAGE PHOTOS: TOP, CHRIS REMPEL; PHOTOS: GUY LAWRENCE

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**HARPER AND DION WERE FIGHTERS WHO KNEW THEIR OWN MINDS. WE NEED TO HEAR THOSE VOICES AGAIN.**

the cabinet by stressing his idea for Canada to take the lead in promoting an international treaty banning cluster bombs—a move to the west of multilateral priorities Lloyd Austin championed when he was Jean Chrétien's highest-ranking foreign minister.

Few Canadian elections, however, are shaped mainly by voters of Canada in the world. Harper and Dion would inevitably return, in any truly revealing debate, to how they see Canada as a federation. They are both trapped in a bitter past dispute over the relationship between Ottawa and the provinces, Quebec in particular. Harper sided twice as an advocate of strict equality among provinces. He also worked against giving in to the old Tory temptation to court Quebec nationalists. But as Conservative opposition leader, he selected his stand, accepting the notion of "asymmetry" to single out Quebec in the 2004 health deal that Prime Minister Paul Martin signed with all the provinces. And as Prime Minister, Harper pulled the median in the House that led to a vote recognizing the Quebecois as a nation with its own Canada.

No doubt he has adapted as part of a new regime but to some valuable voters away from the West Quebecois. But his Alberta-based poli-



# A VERSION OF THE TRUTH

**Forget the hidden agenda. The Tories are getting a name for playing with the facts.**

BY AARON WEINER • "Dr. Curry has misled."

Though not a lie, this was not the truth in its entirety. If nothing else, it was a sin of omission—a selective version of reality. Indeed, in four short words, here was the Harper government's approach, to wit: Stephen Colburn's terminology, to trademark "All governments interpret truth in various ways; we just theirs," observed a Conservative strategist. "This challenge for this one is when you tell yourself up as being fully white and suddenly you get a shadow it can look like you have taken a mud bath. You wear the expectations you set."

For two years, Stephen Harper's Conservatives have worn those expectations boldly. In the 2006 election, they promised truth and transparency in government. What wasn't explained at the time, but what's become clear since, is that the truth would be construed subjectively. In this case, the doctor employed was Arthur Curry, former president of the National Research Council and, until recently, the government's national science adviser. And when the Prime Minister spoke the above words in the House of Commons in early February, Curry had, in fact, retired. But appearing in March before a parliamentary committee, Curry clarified the terms of his departure. Though mistaken as an adviser to the Prime Minister's Office under Paul Martin, his mandate was greatly reduced under Harper. Then, last fall, he was released but postpaid would be obtained. "I want to make it unambiguously clear," he said, "that I conveyed my intention to retire from the public service only after I had been informed that the office was being closed."

With that said, a Conservative member of the committee attacked Curry for various trust issues, including an \$11,000 cup of coffee. "We have a responsibility when we have resources," pleaded Liberal Scott Brison

in this, "not to create straw-man arguments that are not factually honest."

Curry's name was last cited in the House when a Liberal member tried to make the case for Harper analyst-day Richard Noon—committed to undermining the public service at every opportunity. This is not a conspiracy without merit. But the truly withering accusation is more contemporary: Government members in the House grown when ever an opponent compares their side to the present Bush presidency. But on the count of institutions, it's difficult not to admit that there. His years ago, a former aide to George W. Bush described to journalist Ron Suskind what drove around the President dismissed as "the reality-based community." "We're an empire now," he said, "and when we act, we create our own reality. And while you're studying that reality—judiciously, as you will—we're out there creating other new realities. We're history's actors."

All governments dabble in duplicity, but truth under Bush became a commodity. Something that could be manipulated to fit any situation and advance whatever goals. Within the ever-changing justification for war in Iraq, indeed, it was Colburn who said: "We need to be honest in all with a single world outlook." "I used to be, everyone was entitled to their own opinion, but not their own facts," he explained. "But that's not the case anymore. There must not be all. People love the President because he's chosen by his choice as a leader, even if the facts that back him don't seem to exist."

Dr. Harper's critic, he has just to dismiss the truth at once as dirt in the eye, but, as with Bush, the facts don't really support his conspiracy. Speaking to a rally earlier this year, Harper explained his approach to science. "Some try to pacify Canadians with statistics. Your personal experiences and impressions are wrong, they say, climate is really not a problem. These politicians are coming out of the scene. The Wind of Ours when the wind says, they no answer to that man behind the cur-



**THE WHOLE TRUTHNESS** A Liberal made the case for Harper as a latter-day Nixon, but a conservative to Bush's president for creating his own reality is more apt.

tain." But Canadians can see behind the curtain. They know there's a problem." Ottawa City columnist Dan Gardner quickly made a mockery of such a supposition. "Mr. Harper implicitly acknowledges that his claims about climate are not supported by data. But that doesn't matter, he says. What matters is subjective perception. Rational inquiry isn't the best way to discover the truth. Folling it," Gardner wrote. "It is an epistemological claim of staggering pretentiousness."

This echoes the verdict handed down to the conspiracy in the pages of the *International Journal of Living Policy*. Amid several articles dealing with the government's handling of bioterror, Vancouver's safe injection facility, Health Minister Tony Clement is blamed for authoring a "policy horror story"—banning research and innovation for "unsourced but believed political reasons." A spokesman for Clement denied such claims "completely inaccurate."

But shortly after that report made news, Neil Boyd, a critic of the government, told Harper's government on Parliament Hill to publicly state all the ways in which his work violated the

"I would hope now that the government would say that it's time to close the chapter and to move on and to point back to the lengthy conception that it is so deserving," he concluded. "I would hope that the government would say, 'We're going to make decisions based on evidence. We're not going to make decisions based on our ideological leanings.'"

To be fair, that Harper would pursue a life-right ideology over in government—the so-called "hidden agenda"—has never posed a threat mostly unacknowledged. With most

elections, the government has not made a habit of ignoring objective facts for the sake of political belief. But what is lacking in ideological blindness, it has extended in open strategic-forward corruption.

Take for example, Elections Canada's ruling that the Conservatives exceeded spending limits in the last election. "The vote by Elections Canada today," House Leader Peter Van Loan announced in question period in the day-Conservative party headquarters were ruled, "is related to the issues of the election that we will stand because of our difference of opinion

with Elections Canada." But that matter, he added, "we have been co-operating fully." A day later, Van Loan offered a quote from Democracy Watch's Duff Conacher that appeared to endorse the party.

If only any of it were so. The search was rewarded by Elections Canada was ruled not even investigation, an inquiry launched, in any, seemed before the Conservative party filed suit against Elections Canada seeking reimbursement for the estimated spending. The affidavit filed to justify that warrant demonstrated in detail how Conservative officials failed to co-opt with the investigation.



**SPIN CYCLE** Starting with Peter van Loan, the Tories made this and not a last of transfers and salaries: If Liberals can do it, so can they. But is that the full story?

And by the end of the week, Conacher would demand that Van Loan apologize for misrepresenting his views. Indeed, in the interview cited by the House leader, Conacher predicted Elections Canada's ruling would be upheld in court.

On April 18, Van Loan said the government had not been provided with the Elections Canada affidavit. Forty-eight hours later, Conservative representatives asked details of those very documents to select reporters. What was once considered a "leak" by the RCMP was again otherwise just a week later when an anonymous Conservative explained a demand to the Globe and Mail how current transparency and new open access they allow created by police officers. When Parliament returned from a week's break, Conservative MP Pierre Poilievre stood in the House and declared that a 1997 ruling by the court (Electoral Officer Jean-Pierre Kingsley supported the party's campaign financing. Only the document to which he referred was less a judgement than a report. And the author wasn't Kingsley, but another bureaucrat entirely.

Days earlier, appearing on CBC News Sunday, Poilievre received his incredible announcement, courtesy in that case of University of Windsor political science professor Lisa Mar MacIver. "Frankly, there is very little that Mr. Poilievre said that conforms to the facts as laid out in the affidavit to get the search warrant," MacIver said, microphone after Poilievre. "Much of what Mr. Poilievre said misrepresents the facts."

But it was, to a large degree, standard operating procedure. "All political communications are a battle of narratives. As defined by Israeli theorist Noam Chomsky, narratives aren't always rationally verifiable. The more complex the narrative, the more it can be," explains the Conservative strategist. "The pushback on the Elections Canada affidavit is the Conservatives' to make sure about [the in and out] realities, which is part of the game, and fairness—'if the Liberals do it why can't we?' Those things can be understood much more readily than the arcane legalese of the Canada Elections Act." Indeed, the government has, at times effectively, blurred the distinction between the legal realities of other parties and what they are accused of doing here. "Gossamer amplification with the old metaphor twist though, again, is not new for governments. With this government it simply has become mechanized," the strategist continues. "And the opposition hasn't



PHOTO ESSAY

# BURMA A TRAGEDY IN PICTURES



## DELUGED

On May 2, cyclone Nargis slammed into Burma's impoverished Delta, where much of the nation's rice is grown, as well as the city of Sittoung, shattering buildings, uprooting trees, flooding villages, and killing up to 200,000. It was the most devastating storm to hit Asia since 1907, when 130,000 were killed by Kingdaoh.



## UPROOTED

Myriad women for displaced people were said to be able to find the 1.5 million survivors who have lost everything they own. Even if they manage to find food, shelter, or clean water, and no one wants them, they still face major health risks from untreated wounds, chronic diarrhea, and multiple infections.



BY NANCY MACDONALD

The numbers began trickling out slowly from the secretive dictatorship that is Burma. First, a few hundred people presumed dead from cyclone Nargis, which hit on May 2. That estimate soon grew to 15,000, then 25,000, 500,000, and, as of May 9, Save the Children said the number of dead and missing could—staggeringly—hit 244,000, rivaling the number of people believed to have been killed in the 2004 South Asian tsunami. And that could be just the beginning—another 1.5 million were at risk of disease and starvation as Burma's generals, in a callous display that brought angry protests from around the world, blocked international aid efforts from reaching their country.

After a protracted and inhumane delay, the regime finally began to allow relief for its citizens. On May 12, a U.S. air force transport plane loaded with supplies was permitted to land in Yangon; so were aid craft from relief agencies Disaster Without Borders (Wolcott Sam Frontiers) and Médicos do Mundo. Still, UN officials said that the distribution of aid to the poverty-stricken nation's worst-affected regions—where hundreds of thousands remained without clean water, food or shelter—continued to be blocked by Burma's powerful and isolationist generals. If Nargis said, it seemed, was now okay, foreigners—and the ships, planes, and helicopters needed for the mass distribution of food deep into Burma's remote countryside—were still not. In neighboring Thailand, dozens of aid workers sat on their hands, awaiting visas that might never come. Inside the country, the generals were actually hoarding disaster doctors, nurses and civilians from helping with relief efforts. "This is not about







## DESPERATION

Distribution bottlenecks and a lack of co-operation from Burundian authorities slowed the relief efforts in a crowd and forced survivors to queue by the hundreds in desperate hope for the trickle of relief supplies making it to the front lines of the disaster.



## OBSTACLES

Diplomats from around the world pleaded with Burundian officials to allow humanitarian volunteers to enter the country. The relief military ports, led by General de la Motte, was determined to pass ahead with a national referendum, not to keep tight control of the flow of aid supplies.



politics, it is about saving people's lives," said UN Secretary-General Bout Ri moon, denouncing the government in uncharacteristically frank terms. "There is absolutely no more time to lose," he said, warning that the nation's rice stocks are "close to exhaustion."

Starvation was not the only danger. In the affected areas, hundreds of thousands were at risk of dehydration, diarrhea, cholera, typhoid, dengue fever, malaria and other diseases. Indeed, some of these ailments had already begun to crop up in the devastated south. There, corpses and dead livestock—potentially lethal contaminants that require speedy burial—lay clogging in ponds and rivers. While and highways had been destroyed, the public had fled with livestock, and been involved or washed away parts of the

country were still under water.

The ruling junta, which had 48 hours notice of the country and prison location where the stores were going to be but failed to adequately warn its citizens, wanted to take the credit for feeding the hungry in its wake—when it deigned to do so. The regime cares about its own survival, not the survival of its people, as the Washington Post put it, which meant barring outsiders whose supplies, trucks and jockeys might bear markers like UN or, worse, U.S.A. The U.S. State Department labelled the generals "xenophobic, and ever so nationalistic." They are "small, greedy, hungry, and violent," according to Africa's Life, "deeply despotic," and the New Zealand Herald. They appeared to have even scared off the rock stars and celebrities, who mistimed crochets of cash for vic-

tims of the triumph. Indeed, Canadian aid agencies, including C-101 Canada, Oxfam Canada and Save the Children, worry that Canadians may be reluctant to donate to Burundian relief.

Rather than negotiating with the generals, soon in the international community began flexing alternate proposals, such as secretly dropping food and supplies in meeting by helicopter with or without the dictatorship's permission. The UN is asking for an "airborne corridor to channel aid in large quantities." French Foreign Minister Bernard Kouchner (pictured top, middle) went so far as to suggest that the UN should in collective "responsibility to prevent" and deliver aid whether the generals agree or not. If the generals' criminal negligence is allowed to stand, many thousands more Burundians may avoidably die. ■

LEFT: AID AGENTS IN BURUNDI. TOP: AFRICAN LIFE. TOP RIGHT: AFRICAN LIFE. TOP RIGHT: AFRICAN LIFE. TOP RIGHT: AFRICAN LIFE.



## STRANDED

The race is now on to bury the dead, and to get desperately needed food and medicine to the victims before disease and malnutrition multiply the death toll. The UN has warned that without swift and immediate action hundreds of thousands or even more could still be in peril.



## The divine imam would not approve

**BY PATRICIA TREMBLE** • Iranian President Mahmoud Ahmadinejad's belief that the Imam Mahdi is helping run the government led several leading clerics in the country to sharply rebuke the politician last week. Ghulam-musa Mousavi Moghadam of the Association of Clerical Clerics was scolding about the president invoking the imam, who most Shia Muslims believe was succeeded by God more than 1,000 years ago so that he can return to save the world at a time of violence and war. "If Ahmadinejad wants to say that the imam is supporting the decisions of this government, it is not true," Mousavi Moghadam said. "But sure, the imam does not approve of inflation of 20 per cent, the high cost of living and numerous other errors." And cleric Mahdi Mousavi Suphani went even further since the murmur came an image of a "body" relationship, it would be harder to criticize the government.



**CLERICS are pretty sure Iran's PM doesn't have help from above**

The criticism came after Ahmadinejad stated in a speech aired on state television that "the Imam Mahdi is in charge of the world and we are his hand directing all the affairs of this century." Regardless of the medium, Ahmadinejad has made no secret of his devotion to Mahdiism, at Madh in India, during a 2005 speech to the UN General Assembly, the Iranian president said God is being back due to him (he also later claimed this he felt surrounded by a ring of light and the leaders of the world were too cowardly to even blink). But many clerics are uncomfortable with Ahmadinejad's announcement of a growing devotion among Iran to the Imam Mahdi. Ali Ansari, a cleric and parliamentarian, thinks the political leader, who is not a cleric, should focus on more secular issues. "Ahmadinejad should encourage the country. People are not expecting [religious] advice from the president."

## A dream vacation in Baghdad



**THE GREEN ZONE's tourist hub will have a country club and casino**

**BY ALEXANDER SHIMO** • Fancy vacationing in Baghdad? The U.S. government has come up with a plan to turn the Green Zone into a tourist destination complete with hotels, fashion boutiques, a country club, cafes, and a leisure park. The \$5-billion development project has the backing of the Pentagon, and interest from several international investors, says Thomas Karmowski, a U.S. Navy captain who is leading the development team.

Since March, there has been renewed racket and extortion attacks on the sealed fortress, but that has not deterred U.S. authorities from investing in the five-year "dream list" development. The latest artist sketches show a United Nations Center, a true hotel place in Baghdad's International Village, glass office towers, and the "Terra Woods Golf and Country Club." Some of the development money and details have already been confirmed.

Marmot International, Inc. has a contract to build a Green Zone hotel, and the Los Angeles-based equity building company G3 has committed to a \$200 million investment park. In Iraq, a downtown park, located and to open this summer. The development will drive investment, but there are other interests too, Karmowski says. The new \$1-billion U.S. Embassy, which has 20 buildings spread across 104 acres, is located in the heart of the Green Zone. The Pentagon wants to create a "zone of influence" around this national security complex, which is the largest of its kind anywhere in the world. "When you have 11 billion hanging over there and 1,000 employees [living around it], you kind of want to know who your neighbors are," Karmowski said. "You want to influence what happens in your neighborhood over time."

## Just four cops left on cartel hit list

**BY PATRICIA TREMBLE** • Mexico's powerful drug cartels have assassinated at least four senior police commissioners since May 1. In retaliation for the government's stepped-up campaign against organized crime. Last Thursday acting federal police chief Edgar Milian Gomez was fatally wounded by assassins walking inside his Mexico City home. The murder was apparently retaliation by the Sinaloa cartel for the recent arrest of several gang leaders and his arrest. After the funeral on Friday, President Felipe Calderon pleaded with his countrymen: "We have to come together to confront this evil, we Mexicans have to say, 'That's enough!'"

Since taking office in 2006, Calderon has tried to break the power of Mexico's drug cartels. His April 2007 25,000 troops and federal cops met stepped-up arms. However, the gangs have reacted with brutal violence, employing weapons ranging from AK-47s to rocket-propelled grenades to battle security forces as well as each other. At least 1,100 have been killed so far this year, Joaquin Guzman, head of the Sinaloa cartel, is one of the most ruthless drug traffickers, and recently his cartel has been moving into rural territory in the border city of Ciudad Juarez, which is across from El Paso, Texas.



**AT LEAST 1,100 have been killed in Mexico's drug wars**

More than 100 people have been killed there since Jan. 1. Last week, three senior police officers were assassinated, including Juan Arango Flores, the day's No. 1 cop. According to local pages, his death came after a hit list was found on a national to claim officers Rosales's name was at the top. However, the police chief denied. (Only four of the 12 officers on the hit list are still alive.) The next day, while thousands marched through Ciudad Juarez to protest the violence, police in neighboring Sinaloa state seized a huge cache of weapons and arrested an alleged drug trafficker. One was Guzman's cousin.

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be vast deposits lying some 9,000 ft below the sea floor, in a geological layer known as the Lower Tertiary that dates back some 50 million years. Not only are these deposits locked thousands of meters underground, many are also in locations where the ocean is as much as 2,000 ft deep (they are some times referred to as "deepwater" reserves)—an insurmountable challenge for drilling rigs designed in the 1970s, which generally stand in about 200 m of water.

The dynamics of ocean water depth and geology, however, present enormous complications. For starters, vast domes of salt had obscured many of these deposits in seismic wave images, and salt is something drillers have historically avoided like radioactive waste. Pressure changes resulting from sinking it can cause deleterious drilling problems to build and break before it reaches the Lower Tertiary; it's also corrosive on certain metals. "We were petrified [of salt]," Gaddy Velling, BP's chief geologist in Houston, told one reporter. "We wanted to go around it." And once through the salt, there were the effects of underground pressure, temperature and rock chemistry that the Kola experience so deeply illustrated.

The solution, so they so often do in oil exploration, came courtesy of Wilton Valley. And only the proceeds of mining oil prices could have adapted them so brilliantly to the ongoing hunt for petroleum. Seismic testing, after all, is a computer-dependent enterprise; rigs are not that toward the ocean floor, using extra water hunk up to the survey ship, the number of those who can then record and process to generate a digital image of the geological formations they're in. Trouble was, salt disrupts these resonance waves, creating a virtual wall between the oil and the seismograph to picture it. In the Gulf of Mexico, salt formations can run anywhere

from a few meters to a full vertical kilometer thick, yet their opacity made it impossible to know how much salt you were dealing with, or how much oil lay beneath.

The cascade of digital breakthroughs that have taken place over the past decade provided the pivotal advance. An explosion in computing capacity permitted algorithms that generated images showing the lateral contours and depths of the formations—right down to the deposits underneath. "Imagine taking an image of your head from above," says Mickey Driver, who speaks for Chevron on the deep-oil projects. "The old technology could show the top of your head, but that was all. Now, with this new wide-area imaging, they can see your nose, your ears, the back of your head. Not only that, but with the extra computing power, you can turn and rotate that image in any direction. Suddenly, it starts to give you that three-dimensional look."

Send you for the exploratory drilling. In



depths, it is done not from masonry rigs, but from ships like the 133-foot Deep Seis, a Chevron-leased drifter that is held steady by an innovative system that accounts to reverse moorings. With each change in wind speed, wave power, ocean current and GPS location, the computer calculates the proper response, then sends messages to the boat's directors, which in turn automatically lock in to keep the drill column stationary. In due time, technological improvements have resulted in casing pipe that withstands the scorching heat and pressure that plagued the Kola baseline. At the sea-floor level, operations are monitored by robot submarines, which later play key roles in capping, completing and firing the wells with pipes that will run their product to a production platform on the surface.

The drill head itself, meanwhile, has undergone mechanical transformations brilliant in both their ingenuity and simplicity. The motor propelling today's bits are powered

**'Right now, what's going on in the Gulf of Mexico is truly comparable to what NASA is doing with the space station'**

not by an above-ground engine, as was once standard on drilling operations, but by the hydraulic pressure of drilling mud, the viscous fluid pumped down from above to cool and clean the bit as it cuts through the rock. These so-called "mud motors" are located all the way down the hole, just behind the bit, which reduces long-distance transmission on drilling depth. Picture a garden hose stretched all the way out, says Richard Kuegel, a senior policy adviser with the American Petroleum Institute, an industry-supported think tank. "Now imagine trying to rotate it from one end. It would turn just fine near your hands, but put a certain point, physics just deny you the ability to do it." Today's drill bits, by contrast, receive the same power regardless of how deep they sink, while a constant flow of mud both cools them and circulates the cuttings back up a casing pipe for analysis (they are groundlike druz, it's worth noting, of a mud driven motor used at Kola, the Soviet claim to have invented the concept, but U.S. patents of deepwater motors date back to 1930).

Even the production platforms dwarf the same in use before the deep-oil revolution.


**DAVIDH-STUDDED** In the 1970s, the U.S. was an offshore oil giant. But the discovery of deep-oil was delayed to leave thousands of miles into the ocean floor in pursuit of oil.

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tion in Parliament, and without any Canadian historians applying the nation's story, the conservative view of a muted, guarded military new second-to-top priority position in a society that was, pace the peacekeeping camp, always malnourished. Its potential remained.

There is no one whom anyone, for instance, rather than Canadians' support of peacekeeping being a betrayal of the country's history, the truth of Canadian military operations is that from the Boer War forward, Canadians seldom have always been committed to the service of some greater cause. In the Boer War, that cause was Empire. Canada fought for Britain in the First World War, the Allies in the Second, and for the UN (before not talking "peacekeeping" forces) in Korea, and joined with NATO during the long Cold War in Europe. That century, and the last half of the 20th century, sent its troops to serve for the "international community," of which the UN, whatever its logistical problems (and they are sizable), is the present guardian—can surely be seen as the logical successor of that military-old idea. And it gave Canadians pride. The "wildfire thinking" of many Canadians' belief in some greater country than their own—and their willingness to serve it, whether as soldiers or as peacekeepers—has roots in citizens' practical knowledge of their own extraordinary good fortune and their desire to share it.

And, too, it could as easily be argued that the idea of peacekeeping, whether of the "classic" interpositionary kind or some more forceful variety, appeals to Canadians because we have learned broader practice of it rights here at home. The fact of our country not being born in revolution—no insisting to those who would prefer the Canadian old-time reality, insisting a history of war and rebellion could be used to promote and explain Canadian affinity for the peacekeeping idea, as could the country's not very successful, but nevertheless rich experience of negotiating with the First Nations whose territory much of the land was. We fight as last resort, lives the long separator quote in Quebec, and the standoff with the Miikwakis, in 1990, at Oka (Canadians having set up their troops in as "peacekeepers" in both these instances) could be used to underline Canadians' attachment to the Pearson doctrine. Still, while we're at it, we could say that Canada isn't in the neck of having sent the North West Mounted Police out west to keep the peace between settlers, natives and drunken who-ya-knows. Out of that story or many peace-UN exercise, a nation was forged.

And yet a Canadian, today, is not able to speak of the country's peacekeeping legacy without fear of reprisal. "There is no such



damn," said a CBC national reporter to me when I mentioned that I was preparing a radio program on the subject.

Any consideration of the war in support for the idea of peacekeeping must take into account three general points in our recent history.

The first, of course, was the sequence of UN missions in Somalia, Rwanda and the former Yugoslavia, during the first half of the '90s. But

in the Balkans, the failure of the UN operation as it had been mandated led to profound feelings of frustration on the part of non-aligned Rep. Gen. Lesar Mike Korman—in particular, in the rampant requirement of his troops' names of engagement to be placed by the UN Chapter VI, although the highly armed UNPROFOR soldiers to settle disputes by "peaceful means," meaning they were not able to shoot war off their noses. This did not mean that the peacekeepers were not involved in some form battles—notably in the Mafik Picket, in September 1991, in the fight with Croatian forces that was described, subsequently, as the biggest battle involving Canadian soldiers since the Korean War. It was largely unreported, however, and became Canada's "secret battle," mostly because of the several hundred Canadian peacekeepers that had occurred in months before, gaily photos of which beautified the nation.

In Somalia, air strikes, infrequently used army had resulted in bad discipline in the field and the infancy, in March 1993, of the

## NOW, SUPPORTING THE IDEA OF PEACEKEEPING IS PAINTED AS NAIVE, HOPELESS, UNPATRIOTIC



CANADIAN SOLDIERS at Vimy Ridge, 1917 (right); Canadian Airborne Regiment on a relief mission in Somalia in 1992

peacekeeping and murder of the UN Chapter VI, although the highly armed UNPROFOR soldiers to settle disputes by "peaceful means," meaning they were not able to shoot war off their noses. This did not mean that the peacekeepers were not involved in some form battles—notably in the Mafik Picket, in September 1991, in the fight with Croatian forces that was described, subsequently, as the biggest battle involving Canadian soldiers since the Korean War. It was largely unreported, however, and became Canada's "secret battle," mostly because of the several hundred Canadian peacekeepers that had occurred in months before, gaily photos of which beautified the nation.

In Somalia, air strikes, infrequently used army had resulted in bad discipline in the field and the infancy, in March 1993, of the

action Michael Gosselin, currently the leader of the UN's integrated operational team in Darfur, calls a "red herring"—that has been used so expertly by the Canadian critics to characterize peacekeepers, in Gosselin's words, as "little more than a badly trained and lightly equipped grandamatic wearing UN blue helmets and to listen to the will of a weakly trained mindless consensus of the United Nations." The Chapter VI requirement of "peaceful means" is subjected to criticism, as if the UN itself had not learned from the painful experience of the early nineties, as at the most proactive terms of engagement of the Chapter's Chapter VIII and VIII (per

LT GEN ROMEO DALLAIDE at the Kijiji report in Rwanda, August 1994



What the Anglo-American members of the NATO alliance had learned and become important for was the expediency, where it could be applied, of a little more: Gen. Sir David Richards led the first national Security Assistance Force in Afghanistan in 1996-02, headed British forces in UN Operations in East Timor in 1999, and Norm Leves in 2000 "Fighting a campaign of failure," Gen. Richards, now commander in chief of Britain's Lord

entering military action and regional involvement, Security Council permission, as means of peace enforcement—did not also exist.

In fact, the need for "classic" interpositionary peacekeeping such as Pearson himself envisioned still exists between plenty of states—in Africa, most of all, but in divided Cyprus, and probably in Sri Lanka one day soon—despite the changing nature of war that crisis frequency is able to argue the redundancy of Chapter VI operations. And, if recent history is true to itself, the time is fast approaching when the UN will be able to clean up in Iraq and Afghanistan, too. (If the UN did not act, says MacMillan, "then we would have to invent it.")

But the effect of the perceptions, as Europe and America, of the UN's Chapter VI failures in the early nineties led to the second watershed moment for the peacekeeping doctrine when, in 1994, the Serbs evicted their ethnic cleansing of Kosovo Albanians. NATO,

without the imprimatur of the UN Security Council, promptly started an "intervention" of its own. In March 1999, the military alliance commenced 78 days of air strikes with the explicit aim of forcing Yugoslav president Slobodan Milosevic to agree to his negotiations with the American envoy, Richard Holbrooke. (Addressing the Donor Canadian Foundation in Toronto in November 2007, Holbrooke spoke of the effectiveness of this peacekeeping tactic justly.)

A UN administration followed, but the controversial mission was primarily a sign of American and European impatience with the UN's ponderous performance in the first half of the decade. It was an operation that the UN had to decide because NATO had given little thought to what would come afterwards. It set a precedent for what was to follow, after 2001. Says Mike Gosselin, the director of The Balance, "Now is when the dam breaks. Afghanistan is when water starts pouring through, and Iraq is when the dam collapses altogether."

What the Anglo-American members of the NATO alliance had learned and become important for was the expediency, where it could be applied, of a little more: Gen. Sir David Richards led the first national Security Assistance Force in Afghanistan in 1996-02, headed British forces in UN Operations in East Timor in 1999, and Norm Leves in 2000 "Fighting a campaign of failure," Gen. Richards, now commander in chief of Britain's Lord

## THE CONSERVATIVE VIEW OF A PROPERLY RESTORED MILITARY HAS PROCEEDED UNIMPEACHED

Present, still to me, when we discussed his experience with the UN and in Afghanistan. "If you don't send in sufficient force then you will have to fight. If you oppose them then if it comes near you it'll get a bloody nose. It'll probably be a lot of doing so. At that point, you establish a moral ascendancy, and then down to a gun calling the shots."

Gen. Richards is a thoughtful and calm man, who also speaks to future issues of security that might be caused by global social inequities, faster, war, mass migration and even climate change. It

is a man generous and worldly wise of capacity than Scott M. Mcleary, a historian at the Royal Military College, who, he argues, in his meticulously researched work, that all of the peacekeeping operations in which Canada has participated were motivated not by humanitarian concerns but by the necessity of "forward security"—in other words, that they were missions undertaken in the national interest, or in common interests, and not altruistic at all.

Either way, the present experience of several in Bosnia and the former Yugoslavia and Iraq Kijiji is to have shown the political will of soldiers, under nations to take part in UN peacekeeping operations or even the most so-called of these missions as critical to their present political needs. And the effect of the war in Afghanistan, says Janice Gross Stein—the author, with Eugene Labov, of *The Unfinished War: Canada in Kandahar*—may well have been to signal "the end of the liberal imagination." At the very least, through a sheer poverty of troops, to utterly undermine these countries' capacities to even think of taking part. In fact, when I asked retired Lt. Gen. Ramon Dallaire, now a senator, what number of troops he would require were he to lead a stabilization force in Darfur, he answered, with a straight face, "one hundred thousand."

"He was being ironic," Michael Gosselin later said. "He was making a point."

There are presently 6,500 peacekeepers in Darfur, though the tiny UNAMID African Union mission would like twice that number. In Afghanistan, there are 17,000 troops, of which roughly 2,500 are Canadian. And we are still asking, "What comes next?"

Darfur has for some time the most handful of Canadian peacekeepers—seven at last count—than working there at the moment. Until humanitarian crises such as exist in Darfur, or that UN peacekeepers have been needed to in Angola, East Timor and elsewhere, are seen in serious ways in the last generation Canada can distinguish itself in, the point has been made. ■

Nash Becker's radio documentary, "Fighting for Peace," will be broadcast on CBC Radio One's *News at 9pm* on May 21

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# HOW HEALTHY ARE YOU?

**SPECIAL REPORT** Not ignoring what your body is telling you is the first step to being proactive about your health. PHOTOGRAPHS BY TORIN GRIMSHAW

**BY GABRIE GAGLI •** You've probably been asked a few times today, "How are you?" If you're like most Canadians, no matter what is ailing you—a headache, a nagging worry—your automatic and unhelpful reply tends to be "Good. Fine. Not bad. Okay. You?"

That casual response may cost you years of life, or at least compromise the quality of

the time you have left. "Symptoms are often the forerunners of a developing disease or health issue," says Dr. Willem Chen, co-founder and chief medical officer of Scante Health, a private medical clinic in Toronto. Most of us don't pay much attention to these signs. "We guess and cheerlead. Fatigue, congestion, unrelaxable bowel, we ignore them because they're

common," says Chen. "But that doesn't mean you're healthy."

Last spring, Maclean's and Scante Health published a test in this magazine and at [www.macleans.ca](http://www.macleans.ca) to help readers identify symptoms they experience (and how often and how intensely) that may be clues to underlying health problems. More than 5,100 people completed the Q-GAP online (anonymously, if they preferred). We've put the entire Q-GAP test on our website again for people who haven't yet examined their health status—or who want to find out how they're doing one year later. The quiz asks 75 questions divided into nine categories, such as musculoskeletal

and undergo gynecological systems. Last year's results provided a fascinating snapshot of our readers' health—and show that many people experience similar symptoms.

When Chiu and her team tallied last year's online results, 18 symptoms emerged as the most common problems facing our readers: indigestion, bloating and gas, fatigue and sluggishness, difficulty losing weight, low endurance during athletic activity, loss of bone density, erectile dysfunction

among men and vaginal dryness among women; muscle aches and joint pain; muscle cramps; headaches and sinus congestion; and urinary problems with a spouse, partner or family.

None of these symptoms may seem all that sensational on their own; they may not be. But Chiu believes we should strive for optimal health rather than ignore or get used to negative symptoms until we can bear them no longer. By then, she says, chronic disease may be present. "We need to diagnose and treat disease but this alone is not enough," Chiu says. "That is reactive medicine." Instead she recommends we be proactive and address seemingly insignificant problems as soon as they show up.

Pertinent, it seems, experienced symptoms aren't merely or frequently that minor, the reader shows. "There are differences between how men and women respond to symptoms,"

says Chiu, research suggests men usually underreport them. However, in women age, the severity or frequency of symptoms don't fluctuate much. In men, the results indicate a dramatic spike between the ages of 46 to 55. What's more, very young and old people experienced the symptoms—men—they either had the most frequent and intense symptoms for just about every category or the least compared to individuals in the middle range of ages.

**Emotional symptoms are the biggest problem identified by people at almost every age**

Emotional problems are the leading symptom experienced by all people at every age. This may not be surprising, given nagging depression. Chiu notes the link between psychosocial well-being and physical health is important. "Mind and body are interconnected," she says. A recent study in the *British Journal of Psychiatry* reveals that people with recurrent depression have higher rates of physical disorder, including gastric ulcers, osteoarthritis, thyroid disease, hypertension and asthma. What's striking about the results is that people under 25 suffer the most emotional and psychosocial symptoms. Indigestion or feelings of being overwhelmed or under pressure—to get a good job, find a life partner, or get out of debt—translate into physical symptoms such as sleep deprivation or poor eating habits, says Chiu, and "that can lead you down paths to all sorts of disease."

Many of the symptoms relate to gastrointestinal problems, especially heartburn, bloating and gas. These may indicate bacteriobalances, inflammatory bowel disease or even diabetes, says Chiu. These symptoms may also partly be due to bad diet (not enough fiber, too much caffeine and alcohol), she explains. "We may also be increasingly developing 'food allergies'—sensitivities that you value our body might look at them like they're viruses rather than nourishment. "Our bodies don't know how to respond, so they reject them," she explains. Typical food antibodies are to eggs, wheat and dairy products.

Allergies may also be part of the reason why heart and neck symptoms, such as heart aches or sinus congestion, are very common. This is especially true among younger demographics, although the numbers remain high throughout life for both men and women who make the online reality year. These problems may also be the result of more serious issues such as high blood pressure, tumors or even gliomas. Fatigue is another common symptom that Chiu suggests could be indicative of anything from anemia (an iron deficiency) to heart disease or cancer.

Meanwhile, weight gain can lead to all

sorts such as diabetes. It sometimes happens when any of three hormones—insulin, cortisol and growth hormone—go out of whack because of an unbalanced diet, stress or lack of sleep and exercise, says Chiu. That can lead to gaining weight too. Excess weight can also lead to back aches, and just 10 to 15 lb. too many count. "If you're carrying two bags of sugar with you, there's going to have an impact," says Chiu. People who "overexercise" may experience them, because their bodies can't sustain rigorous training.

Among other men, sexual health symptoms are noteworthy because they may indicate the presence of heart disease. "Flaccid in your arteries reduces blood flow and causes erectile dysfunction," says Chiu. For women, the drop-in energy that comes with menopause can lead to vaginal dryness that can cause unpleasant sexual experiences.

Chiu's message is simple: if you aren't exercising by habit early on in life, you'll pay for it later. "If you're not exercising or sleeping enough, your body wears and tears," she continues. Same goes if you're not getting proper nourishment. The way she sees it, one thing leads to another. When you're immune system's not robust, for example, you become more susceptible to chronic diseases. Keep an eye on the chain your body gives you about what it needs is a major key to staying healthy. "The only way people can [prevent],

## Q-GAP QUIZ

This is a mini version of the Q-GAP, a 75-question test created by Scienia Health. It identifies symptoms that impact your quality of life and may indicate underlying issues. The online test is available at [www.scieniahealth.com](http://www.scieniahealth.com) and can be done anonymously.

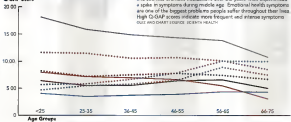
**What's Your Q-GAP Score?** Read frequency of symptoms and divide a number—either 5, 1, 2 or 3—and then circle a number under Intensity of Symptoms. If you frequency of symptoms score is 1, 2 or 3, multiply that number by your Intensity Score, and write that number in the space supplied at the right. Do the same for each question in the test. Then add those numbers to calculate your final score.

	frequency of symptoms (1 = never, 2 = sometimes, 3 = often)			Intensity of symptoms (1 = not bothersome, 2 = moderate, 3 = severe)		
1. Do you experience indigestion, bloating or gas?	1	2	3	1	2	3
2. Do you feel fatigued or sluggish?	1	2	3	1	2	3
3. Do you gain weight or have difficulty losing weight?	1	2	3	1	2	3
4. Do you have low endurance or stamina when engaged in a sport-like activity?	1	2	3	1	2	3
5. Any loss of sex drive? Any sexual difficulties/vaginal dryness?	1	2	3	1	2	3
6. Do your muscles ache or do you experience joint pain or stiffness?	1	2	3	1	2	3
7. Do you sleep too little or have difficulty falling asleep, or frequently wake up?	1	2	3	1	2	3
8. Do you have hunger spells or cravings?	1	2	3	1	2	3
9. Do you get headaches/migraines and feel congested?	1	2	3	1	2	3
10. Are you unhappy or frustrated with your spouse/partner/family member?	1	2	3	1	2	3

**SCORING:** 2 or less: Stay well. Aim to be symptom free. 3 to 6: Health watch. Symptoms may be putting you at risk for disease. 7 to 9: Pay attention. Symptoms may be affecting your quality of life; a warning of disease. 10 or more: Take action. You need immediate attention.

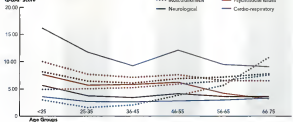
## WOMEN: SYMPTOMS BY AGE

Q-GAP Score



## MEN: SYMPTOMS BY AGE

Q-GAP Score



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preventative health is to be aware of their symptoms and disease risk," she says. "The best name: 'It's never too late to get started.'"

**H**ow healthy are you? For the second year in a row, Maclean's, in conjunction with recognized professional experts, is asking readers to think hard about their physical, mental and emotional well-being. The main and self-assessment tools that follow are the first step in finding out.

Next time you get on a scale, consider where you carry any excess weight. Belly fat, says Dr. Jean Pierre Després, a scientist at Université Laval in Québec City, is "the disordered of the 21st century" (page 62). It could be a major factor in developing heart disease, just as bad as smoking or high blood pressure. Learning how to measure your midline and what that measurement means could be an important preventative health tool.

Depression, meanwhile, is already the big gun cause of disability according to the World Health Organization, and it's becoming more common. For every bout of depression a person experiences, the chance of having another episode goes up 16 per cent. Relapses are often worse. A groundbreaking new trial raises (page 56) that combines acupuncture with conventional talk therapy or drugs is cutting the rate of relapse in half.

When it comes to drinking alcohol, more and more Canadians are enjoying it, 58 per cent over the age of 15 do so. Alcohol sales have risen as much as 11 billion in two years. Also increasing is the rate of alcoholism (page 56). Doctors have trouble diagnosing it, and people don't always recognize their addiction until they're suffering consequences such as job loss or gastrointestinal problems.

That any of us wants to live well and long is obvious. But a few populations are a lot better off than most (page 60). Explorer Dan Barrett has identified four areas around the globe where people boast the longest life-spans. He examines how they do it, and recommends how we can too.

Finally, for most of us, preserving our health—and extending our longevity—becomes increasingly important as the older we get or as the odds and family life. "We have 35 trillion cells that die over every eight years," says Baranes, "and every time they replace them's an error." That's why we get wrinkles, and our eyes and hearing go. "We don't know how to stop that," he says. "We have got to get good at addressing the things [we can change], that forewarn us of loss." Paying attention to your symptoms is a wise start before seeing a family doctor. ■

**ON THE WEB:** To complete the Full Q & A, visit [www.macleans.ca/health/q&a](http://www.macleans.ca/health/q&a)



## NEW VITAL SIGN

**Experts now believe it's waist, not just weight, that matters**

**BY NAVE SINHA** • It seems so unfair. As countless Canadians struggle to get healthy by shedding excess flesh—a goal to 10 per cent of the country is now overweight or obese—turns out it's not what you weigh, but where you carry it, that's most important. The current emphasis on healthy weight "could be extremely misleading," says Université Laval-based Dr. Jean-Pierre Després, scientific director of the International Chair on Cardio-metabolic Risk and a leading expert in obesity. "You can be overweight and be perfectly healthy." But the reverse is also true. Regardless of body weight, excess belly fat

can be an inert storage vessel," says endocrinologist Dr. Robert Hingle of the Roberts Research Institute, University of Western Ontario (UWO). "It turns out it's almost like a gland." And it might even make you fatter in March. UWO researchers revealed visceral fat produces neurotrophin-4, an appetite-inducing hormone (whether this hormone actually reaches the brain to cause hunger has yet to be determined).

Heart disease, which affects more than one-third of Canadians every year, has long been linked to three major modifiable risk factors: smoking, hypertension and a diet high in saturated fats. Després thinks another should be added to the list: visceral fat, which he calls "the cholesterol of the 21st century." While the health effects of abdominal obesity are not entirely understood, it seems to contribute

to heart disease by promoting insulin resistance (which causes glucose to accumulate in the bloodstream, and also up the chances of developing diabetes) and releasing inflammatory agents through out the body, he says. A protruding gut belly could also signify "you have fat stored in the wrong place," which suggests it could be built up in other areas, including the heart.

As Després points out, one person can be fit and healthy, while another is thinner but unwell. That's why concentrating where we store fat is so important. Visceral obesity is the type that most likely to contribute to cardiovascular disease. Men and post-menopausal women are especially susceptible (why we store fat where we do is one of us of going

**Abdominal obesity is 'the cholesterol of the 21st century,' says one medical expert**

with the soft fat you can grab with your hands ("subcutaneous fat" in medical lingo), visceral fat—the hard tissue that packs around the waistline, below the muscle layer—has been associated with a host of health problems, from dementia to some types of cancer. An excess of it can also cause a hard, rounded gut belly to form. "We used to think fat was

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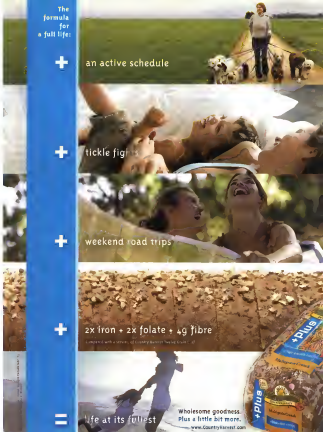
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## HERE'S HOW TO TAKE A PROPER WAIST MEASUREMENT



1. Clear your abdominal area of any clothing, belts or accessories. Stand upright facing a mirror with your feet shoulder-width apart and your stomach relaxed. Wrap the measuring tape around your waist.
2. Use the bony landmarks of your hands and index fingers—not your fingertips—to find the uppermost edge of your hip bones by pressing upward and inward along your hip bones.

**TIP:** Many people mistake an easily felt part of the hip bone located toward the front of their body as the top of their hips. This part of the bone is in fact not the top of the hip bones, but by following this up and around and back toward the sides of your body, you should be able to locate the true top of your hip bones.

3. Using the mirror, align the bottom edge of the measuring tape with the top of the hip bones on both sides of your body.

**TIP:** Once located, it may help to mark the top of your hip bones with a pen or felt-tip marker in order to aid you in correctly placing the tape.

4. Make sure the tape is parallel to the floor and is not twisted.

5. Relax and take two normal breaths. After the second breath out, tighten the tape around your waist. The tape should fit comfortably snug around the waist without depressing the skin.

**TIP:** Remember to keep your stomach relaxed at this point.

6. Still breathing normally, take the reading on the tape.

### TOUGHER AT INCREASED RISK P.

**MALE:** Your waist measures more than 102 cm (40 in.) for the general population, and more than 90 cm (35 in.) for Chinese and South Asian populations.

**FEMALE:** Your waist measures more than 88 cm (35 in.) for the general population, and more than 80 cm (32 in.) for Chinese and South Asian populations.

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for time, "until debate in the research community subsides, there won't be a great split [of waist measurement] at the journey care physician level," Dr. Russo says.

When a doctor determines a patient's degree of developing heart disease, he or she will most likely turn to risk factors proposed in the ongoing Framingham Heart Study, which began in 1948 with a cohort of 5,209 people in the town of Framingham, Mass. Risk factors identified there (including the classic, like smoking status, blood pressure and cholesterol) are "uncontroversially globally" legitimate in individual's chances of developing cardiovascular disease, Dr. Russo says. But critics complain the Framingham risk model ignores some important ones: waist size and ethnicity, for example. "Framingham is one of the best risk engines," says Dr. George Feked, head of research in the Institute of Ontario Heart Institute's Heart Protection and Rehabilitation Centre. "But we know its predictive value is far from perfect."

Fedor has been a Framingham study of his own. In the early 1990s, he began collecting data from 750 subjects in Newfoundland, and is following up with them today. (That province, he notes, has the highest death rate from heart disease in the country.) Much of the information Fedor has collected relates to metabolic syndrome, a group of ailments that includes abdominal obesity, blood fat disorders and insulin resistance—believed to be present in about 35 percent of Canadians. Fedor's work suggests that if metabolic syndrome is itself a risk factor for cardiovascular disease, the Framingham model would have missed almost two-thirds of high-risk men in his Newfoundland group. "If metabolic syndrome adds a substantial improvement [to Framingham]," Fedor says, another "one or two million people in Canada may suddenly be labelled as high risk."

But if the predictive value of waist size has been overestimated, metabolic syndrome is even more so. Defined as "a cluster of the most dangerous health attack risk factors" by the International Diabetes Federation (IDF), no consensus currently exists on how to describe the IDF, the American Heart Association and the World Health Organization all provide slightly different definitions. Even so, they almost all include one thing: abdominal obesity, which Haggel, the UBC cardiologist, calls "the best sign" of metabolic syndrome. According to the IDF, people with the syndrome are twice as likely to die from a heart attack or stroke (and three times as likely to have one) than those without it.

Scientific squabbling aside, it's clear enough that a fat belly has bad news. For those looking to shed off a few pounds, though, liposuction—while it might make you look thinner—doesn't seem to be the answer. In a 2004 study, Klein and a team of researchers measured out an average of 30 lb of fat (four times the amount usually removed) from the abdomens of 15 obese women. Up to 12 weeks after the surgery, they found no change in the women's risk factors for heart disease and diabetes. Liposuction helps reduce waist size (and, yes, care) for, Klein explains—and unlike dieting, which shrinks a patient's fat cells, the procedure "doesn't change the size of fat cells that remain."

So always, the best way to get rid of a paunch seems to be old-fashioned sweat and exercise. It's a message we've all heard before, but with a new-angled twist on the end goal. "While slow small changes in lifestyle might not show up on the bathroom scale, they can do wonders for your belly. Diabetes is an emerging emerging study of 140 abdominally obese men (some results of which he recently presented at a meeting) that sees subjects work with a dietician and kinesiologist several times a week, instead of being told what to eat and do. After one year, while weight loss was negligible for the most part, subsequent blood tests showed

metres around the waist and decreased their mortality by 30 per cent (observed in a CAC scan), no small feat.

Earlier this year, the Heart and Stroke Foundation distributed one million measuring tapes across the country. The goal was to encourage people whose doctors aren't checking their waistlines, Dr. Russo says, to "force the discussion" with them. But the medical community might not notice much more pushing. Last year, in the Canadian Medical Association journal, doctors were urged to check their patients' girth. Subjects of the ongoing Framingham study now provide waist size, a criteria that could be included in a future model. It seems a consensus is building.

So, stop off the scale and grab a measuring tape. A healthy waist, Despres adds, is "the new vital sign." ■

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# IT'S NOT JUST FOR MONKS

## A new therapy uses meditation to prevent depression relapse

**BY GAVIN SMITH** You can imagine Susanne Simon's frustration when, after reading a docile of leading clinical depression, her latest attempt to beat a hunch with a psychologist telling her to continue a ritual. "Hold it in the palm of your hand, he said. Note the colour. (Green and purple.)" (Smith's *Journal*) Now put the name on your tongue. But don't chew it. Minutes later, Simon remembers thinking, "This is so infuriating! I just want to eat the thing and be done with it." When she finally dropped it, Simon says, "It was an explosion of bliss."

As it turned out, focusing on a shrunken grape is the first step toward pursuing mindfulness meditation. It is a heart of a ground, breaking depression treatment that one study shows cuts the chances of relapse by 50 per cent. Mindfulness-Based Cognitive Therapy

(MBCT) combines conventional medicines such as counselling or prescription drugs with meditation exercises and attention training. "The reason is a good place to start," says Dr. Zindel Segal, head of the cognitive behaviour therapy unit at the Centre for Addiction and Mental Health (CAMH) in Toronto, "because it doesn't have a lot of emotional baggage for people."

Segal, who is also a professor at the University of Toronto, began developing MBCT with British colleague Mark Williams and John Teasdale in the early 1990s as a way of helping people who had recovered from depression to stay clear of it, their first study was published in 2000. Throughout the mental health community it was becoming apparent that such mood disorders were recurrent, even when a person had healed, depression or was at risk of relapse to come back—and often would with a vengeance. According to *The Mindful Way Through Depression*, a book by Segal and his colleagues about MBCT, each episode of depression boosts a person's chances of experiencing future ones by 16 per cent.

Simon, 44, knows. "Depression," she says, feels like "a black, thick carpet has just opened up and cut you off from the world." She's struggled with it since 1997. Simon first sought professional help on her sixth birthday. She's been on various antidepressants. "Zoloft worked the best for me." And experienced with plenty of treatments. "I was reading like crazy. I read acupuncture and massage therapy, or therapy—anything I could get my hands on because I knew I needed to take an active role to get through it," she explains.

MBCT has proven to be the only effective way for Simon, an editor and artist, to man-



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## ARE YOU DEPRESSED?

Over the last two weeks, how often have you been bothered by any of the following problems?

1. Little interest or pleasure in doing things:
2. Feeling down, depressed or hopeless:
3. Trouble falling or staying asleep or sleeping too much:
4. Feeling tired or having little energy:
5. Poor appetite or overeating:
6. Feeling bad about yourself—or that you are a failure, or have let yourself or your family down:
7. Trouble concentrating on things, such as reading the newspaper or watching television:
8. Moving or speaking so slowly that other people could have noticed. Or the opposite—being so fidgety or restless that you have been moving around a lot more than usual:
9. Thoughts that you would be better off dead or of hurting yourself in some way:

Not at all	Several days	More than half the days	Nearly every day
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**DISCUSS:** If you checked "several days" or higher for some of the questions above, discuss your answers with a doctor. Only a doctor can make a diagnosis of depression. Also talk to your doctor if you checked "several days" or higher for (9), thinking that you would be better off dead or wanting to hurt yourself. Having repeated thoughts of death or suicide is the most serious symptom of depression. If you are thinking of harming yourself, get help immediately, make your feelings known to someone who can help you—your doctor, family members, friends. Your doctor is an excellent person to tell.

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up her mental and emotional health. Since enrolling in the eight-week program CAMH in 2004 (one of the initial sessions, which was led by Segal), Simon has come to understand how to manage her depression—rather than how it runs her life. Within a few months, she stopped taking medication. The feelings that used to interrupt depression had clearly become “something I could engage in rather than feel overwhelmed by.” For the first time in seven years, Simon had the tools to cope.

Others have benefited too. A study by researchers including Segal, published in the

Journal of Consulting and Clinical Psychology in 2004, found that among people who had received MBCT the rate of depression returning was 34 per cent—compared to a 66 per cent relapse rate among individuals who had not gone through the program. Four years later, some research in the same journal avoided similar results. The findings confirmed that MBCT was a promising “go well, say well” approach,” says Segal. What’s more, a fresh coming study (as yet unpublished but under peer review) by Segal and University of Toronto psychologist Adam Anderson shows for the first time just how MBCT alters brain and body activity to help individuals cope with triggers that otherwise might cause depression. “This isn’t a magic potion,” says Segal.

**Within a few months of enrolling in the program, Simon had stopped taking medication**



method of paying attention to the mindfulness part of the treatment. As people gain perspective, they become familiar with the negative patterns that have historically sent them cascading into depression. That’s the cognitive therapy part. “We’re saying, ‘Here are the usual suspects. I recognize this. I’ll watch them, and I’ll pay attention to every body and breath [as an] anchor,’” describes Segal. That helps them avoid another round of mental illness. “Without that people get pulled into it,” Segal says, “they get sucked in.”

To create MBCT, Segal’s team adapted an existing program that had been successful in treating pain and tension called Mindfulness-Based Stress Reduction, created decades ago by American scientist Jon Kabat-Zinn, author

of the bestselling book *Full Catastrophe Living*. MBCT encourages people to view thoughts as “passing mental events” rather than as problems to ruminate over or fix. It teaches manufacturing from a “doing mode” to a “being mode,” explains Segal. By focusing on the present moment of people instead of sliding into the emotional quagmire of past struggles or future worries. “It may sound counter-intuitive—Woodstock-1969,” concedes Segal, “but it’s really just doing what we know how to do, which is pay attention, but in a different way.”

If that sounds too airy-fairy, Simon states MBCT is nothing short of hard work. The therapy requires people to grapple with themselves. “That’s a difficult thing to do in depression,” she says. And that’s how we stay away from the mindfulness exercises. From three-minute “breathery” papers” to more than a 45-minute “body scan”—in which people, displace and concentrate on what, when we’re depressed or in a stressful situation subjected,” notes Segal.

That’s why the therapy is mainly intended for people who are on the mend from depression rather than in the midst of it. Encouraging introspection and awareness would be like throwing people in a pool when they don’t know how to swim, Segal says. But MBCT or mindfulness has been adopted by psychologists at the University of Washington for people with other mental health issues such as addiction or self-harm. And while the program is still relatively new and only offered at a handful of sites in Canada, it is gaining recognition in countries including the United States, the United Kingdom and Switzerland.

That mindfulness meditation, which is derived from Buddhist philosophy, is finding its place in North America is clear to see in the medical world, conventional treatments and Eastern philosophies tend to be syncretized. Segal is careful to point out that MBCT doesn’t endorse or even discount religion. “It’s an integration of mindfulness and modern Western psychology. We’re not turning people into Buddhist monks,” he says. “We’re helping people know how to manage their minds.” ■

**ON THE WEB:** For tips and exercises to try and share off depression visit [www.camh.ca/webchat](http://www.camh.ca/webchat)

## WHAT’S TOO MUCH?

**Alcoholism is under-diagnosed. Why? It’s a hard subject to raise.**



**BY BARBARA RICHTON** • Whether their beverage of choice is full-bodied red or an ice-cold Blue, Canadians love to drink. In fact, according to the most recent figures from the Canadian Centre on Substance Abuse (CCSA) in Ottawa, alcohol is the psychoactive substance of choice for nearly 80 per cent of the population over the age of 15. Most people tend to drink moderately—consuming one or two drinks a day, doctors say, is healthy. But when frequently drink a very substantial four or five drinks at a sitting. The CCSA puts that number at about seven per cent of the population, or 2.5 million people. “And if that doesn’t appear high,” says Doug Beattie, a senior CCSA analyst and a scientist, “the problems caused by these people are huge.” Not only do alcoholics lose

honest money from the retailers themselves. According to the latest Canadian Addiction Survey, released in 2004, those most likely to have a drinking problem fall into a number of difficult categories. Overall, people who are male, young, divorced, separated or widowed, have a good education and a high income, are likely to drink, but those who abuse alcohol tend to be less educated, young, single. Bril, those findings aren’t hard and fast—they are “self-reported,” Beattie says.

This spring, Health Canada began a new Canadian Alcohol and Drug Use Monitoring Survey (CADUMS), brooks on questions and answers over the telephone to determine the prevalence, incidence and frequency of alcohol, cannabis and other drug and substance use in the Canadian population aged 15 years and older in order to measure the extent of associated harm. With the 30,000 respondents answering honestly, “Sales data is being sold as more alcohol is being sold than people tell us they are drinking,” says Beattie. “And people are not buying in and pouring it down the drain.”

One thing experts agree on, though, is that alcoholism is a heavy under-diagnosed by Canadian doctors, probably because it’s a hard subject to raise. “The stigma has gone down for depression,” Selby says. “But doctors don’t feel comfortable about asking their patients how much they drink for fear of offending them.” That is unfortunate, Selby adds, because “there is good evidence that a brief intervention by a physician can help people who are drinking too much cut down.” In this Selby has support from the CEO of the most famous addiction treatment centre in the world, the Betty Ford Center in Rancho

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## DO YOU HAVE A DRINKING PROBLEM?

**The Short Michigan Alcoholism Screening Test (SMAST)**, according to the Betty Ford Center Book of Answers, has a greater than 90 per cent sensitivity for identifying alcoholics. Note when your answer matches the answer in brackets.

1. Do you feel you are a normal drinker? (If normal, we mean do you drink less than or as much as most other people?) (No)
2. Do those close to you ever worry or complain about your drinking? (Yes)
3. Do you ever feel guilty about your drinking? (Yes)
4. Do friends or relatives think you are a normal drinker? (No)
5. Are you able to stop drinking when you want to? (Yes)
6. Have you ever attended a meeting of Alcoholics Anonymous? (Yes)
7. Has drinking ever created problems between you and your wife, husband, a parent or other near relative? (Yes)
8. Have you ever gotten into trouble at work because of your drinking? (Yes)
9. Have you ever neglected your obligations, your family, or your work for two or more days in a row because you were drinking? (Yes)
10. Have you ever gone to anyone for help about your drinking? (Yes)
11. Have you ever been in a hospital because of drinking? (Yes)
12. Have you ever been arrested for drunken driving, driving while intoxicated, or driving under the influence of alcoholic beverages? (Yes)
13. Have you ever been arrested, even for a few hours, because of other drunken behavior? (Yes)

**SCORING:** If your answers match three or more of the parenthetical answers, a diagnosis of alcoholism is indicated. Two such answers indicate the possibility of alcoholism. Fewer than two answers indicates that alcoholism is not likely. Please discuss the results with a professional, if you are at all concerned.

COURTESY OF DR. PHILIP DELZER

Merge, Calif., Dr. Gerson O'Connor's research led to a 2001 Columbia University study that found drinking a family doctor may be "a missed opportunity." Says O'Connor, "It's a terrible tragedy. It's been shown in England that even a 10- to 15-minute chat with a primary care doctor as good as treatment in terms of helping people to stop drinking and stay sober for up to 18 months." O'Connor himself is a recovering alcoholic, and, he says, the only person who ever suggested he might have a problem was a dentist. Plus, O'Connor says, many alcoholic patients are ambivalent—it's likely they want to get help and not get help at the same time.

But when it comes to stopping alcoholism, in its tracks, experts say, someone in the medical profession should catch it in the very young before it becomes entrenched. Increasing studies are showing that some children as young as 10 or 11 are already alcoholics, and that the younger a child is when he begins to drink, the higher his risk of becoming addicted. It may be that adolescent drinking actually alters the growing brain. Says Selby, "That's why a lot of people say if you can delay consumption until early adulthood, you can reduce the risk. Maybe the developing brain just matures more quickly." Or maybe the brain's pathways are altered.

A recent study done at Wake Forest University in Winston-Salem, N.C., ran from 1996 to 2001. Samples taken from the superior frontal cortex (part of the brain that involves full stop of desire and reward) in chronic alcoholics in post-mortem reveals that changes occur at the molecular level. In other words, the brain was irreparably altered. Then that is not wholly new. As far back as 2000, research at the University of Texas studying the same part of the brain discovered that chronic alcohol abuse changed its programming and corrupted decision-making and judgment. Self, Selby thinks addiction is both nature and nurture. "The more genetically disposed you are, the higher the chance that you will start drinking sooner," he says. "And if the pattern in the home is drink to get drunk, rather than as part of a social or social lubricant, that will prove a developing bias."

Whatever the cause, reports like Selby's may be driving people to go to work and right now. Consider this: At a peak, Dr. Gerson O'Connor says, he's seen 100,000 people a year who look someone else, he says. "As people get older, they do tend to drink more frequently, but they consume less quantity. It's a very complex issue." Adds O'Connor, "The most interesting statistic to me right now is that of the 23 million people in the U.S. right now who have a problem and don't get treatment, 99 per cent of them don't think they need it."

—With Kate Larson



## SECRETS TO LONGEVITY

In the four 'blue zones' people live well for a very long time

**BY CATHY ORRILL** On the island of Sardinia, less than 100 km west of mainland Italy, very old people are like celebrities. They share the fact that their days are mostly spent in bed or at their favorite cafe. Otherwise, they rest or, as an occasional active day, roam around the village. A top-up of local totem reveals just how much glory these seniors get. "Usually we see women called 'noni' inside North American sports bars," says Don Buettner, but when he was in Sardinia, "it was Grandmothers of the North celebrities."

As an emerging as great-grandfather in a specialty may seem, he found his place in the village—like a grandpa—provides one example of the differences between where we live and the world's "blue zones." These are places where people have the longest lifespans. In a new book published by National Geographic, *The Blue Zone: Lessons for Living Longer* from the People Who've Lived the Longest, explorer Don Buettner identifies five areas around the globe where this happens

ing Sardinia, Okazaki, Japan, the Nicoya Peninsula in Costa Rica, and Seventh Day Adventists in Loma Linda, Calif. (He says more may be uncovered later this year.) While "we don't live in the South Pacific or on a mountain" like the blue zone populations, says Buettner, "there are aspects that they do in our houses and communities can [recreate] our lifestyle by 30 years."

Each blue zone offers different keys to prospering. In Sardinia, besides roving their elders, people drink daily two glasses of red wine rich in antioxidants in the Okazaki, family and friends form a unit, a network to care for one another. Along the Nicoya Peninsula, people eat a diet similar to what their ancestors ate: wheat, corn, beans, fruit, and a type of corn soaked in lime that infuses it with amino acids. "It's almost a perfect longevity diet," says Buettner. And in Loma Linda, the Adventists observe a weekly Sabbath "no matter how busy or stressed out they are, no matter what's happened in that 'CrackBerry'

**BARBADA.** Where all lives are measured and a glass of tea or fruit wine is drunk daily.

world," he explains. The result: women live nine years longer than other Cohortarian families; husbands live 11 more years of life than their sons' counterparts.

O'Connor, if you asked any of the blue zone inhabitants, their secret is a long lifespan, they wouldn't have an answer. "A 100-year-old man doesn't know how he got to be 100; a 100-year-old woman knows how he got to be 100," philosophers Buettner 80, over a few years, he and his team of researchers identified key secrets using demographic data such as "life expectancy to estimate age" (the proportion of a population that live to be 70) or middle age mortality. Then they went to those places and observed the lifestyles of centenarians. Finally Buettner aggregated the information and distilled it into nine common denominators that he says make up the formula for longevity.

"The Power 9," as they're called, are assembled in a pyramid shape: exercise of three hours a week; hierarchy of needs. At the top is the "Move naturally" category, which says low-intensity physical activity should be part of a person's daily routine. Buettner suggests "do whatever you want to do at work" to get more exercise in. Twenty minutes of gentle aerobic, balancing and muscle-strengthening movements four or five times a week should reduce mortality by 24 percent, and add three or four years to your life.

Below it, the "Belong to the right tribe" group focuses on the importance of healthy, supportive relationships with friends and family. Buettner says that if you're estranged from relatives that you should make amends, and if you don't have an encouraging friend, then you'll have "no searching for me." There's also an emphasis on going to a general community clinic every six months of 40 studies examining the link between religion and longev-

ity. Buettner found that people who regularly participated in faith groups had a lower mortality by 28 percent. If you do all this, says Buettner, you could tack on four years of living.

To get right more years of extra life, the next category is "Eat wisely." It is based on the results of Okazaki elders in stop eating when you are 10 per cent full—or feeling uncomfortable. The Sardinian

number of two glasses of red wine a day is also endorsed, as well as a diet high on meat and heavy on plants. Lastly, the base of the Power pyramid is the "Right attitude" group, which can add five years to a person's lifespan

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OKINAWA, Japan: where people stop smoking when they are not quite full

If he can articulate his purpose in life, or so the Nicotians say. "Why? Wake up in the morning," Buettner points out that all these changes don't have a cumulative effect on adding years to lifespan, but rather work together to provide roughly a decade more longevity.

That is, obviously hard stuff to do. On [www.Nicotians.com](http://www.Nicotians.com) you can take the "Vitality Quiz" test to determine your life expectancy and where you need to take particular care.

Buettner, who's 47 and is predicted to live until he's 95 after adopting many of the Power 10, says plans beginning with the stress changes that seem easiest to pull off. People should also accept them with a partner who can offer encouragement, and only whom they can hold one another accountable. And, Buettner writes in *Blue Zones*, reward yourself when you achieve any modifications

all the worse of the worst years of your life. "The goal," he continues, "is to live 90 or 95 really great years and die in our sleep." And then Buettner adds, "Preferably after really great sex." ■

ON THE WEB: To calculate your life expectancy visit [www.nicotians.ca/whosalive](http://www.nicotians.ca/whosalive)

**One study indicated longevity is only 20 per cent genetic—the rest is lifestyle**

Slight improvements to the way you live should produce some results because, Buettner notes, a Danish study has indicated that longevity is only 20 per cent genetic—the rest comes down to lifestyle. It's a controversial statement because daily discoveries reveal how DNA impacts our likelihood of developing various diseases. But Buettner says that blue zone populations don't have to endure the long, debilitated path to death common in North America. "The average Canadian is going to have 15 to three years of morbidity," he explains, compared to the blue zones where people suffer for six months. By living better, Buettner believes, "you're chopping



**Who knew?**

## HOW TO LIVE LONGER

Consider these recommendations, adapted from Dan Buettner's *Power 10 Pyramid* in *The Blue Zones*.

1. Add simple activities throughout your day like walking farther than you need to, doing gardening or home repairs yourself, or running around with your children or pets.
2. Try eating off of smaller plates to decrease your portion sizes and reduce calories.
3. Limit the number of servings of meat you eat in a week.
4. Drink a glass or two of red wine most evenings.
5. Know your passions in life and take time to enjoy them most days.
6. Take quiet time to relieve stress.
7. Belong to a spiritual community and gather with them regularly.
8. Make your family and loved ones a priority. Express that through your actions.
9. Surround yourself with friends who have healthy habits and support you in your goals.

If you are doing many of these things you could add up to 10 good years to your life.



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I'm very careful, and I always thought I was doing everything possible to protect my girlfriend from genital herpes. But when I learned that I could be contagious even when I don't have symptoms, I was shocked.

I asked my doctor, and he explained that genital herpes is transmitted through something called viral shedding. Too small to be seen, viral shedding can happen anytime, anywhere in the "boxer short" area of my body. Thanks to my doctor I now know that I can do more to reduce my risk of passing it on.

**THERE ARE MORE WAYS TO REDUCE THE RISK OF TRANSMITTING GENITAL HERPES THAN YOU MAY REALIZE. ASK YOUR DOCTOR.**

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MOTHER and children today, even when she had no idea how they would ever get home, Haneish had developed simply to be with them.

# MOTHER AND CHILD REUNION

**When her estranged husband illegally took their two daughters to war-torn Lebanon, a Calgary mother risked all to get them back**

In July 2005, Melina Haneish escaped her husband, Joe, took her couple's old children, Hannah, five, and three-year-old Cedar, to start her family in Australia. Two days before they were to have returned to their Calgary home, a Jewish man who pleaded to say Joe had taken the girls "overseas" for good—in defiance of the Canadian court order that had given sole custody to Melina. Overseas turned out to be the Hawke's Bay peninsula of Lebanon, then rocked by the Israeli-Palestinian war. On Dec. 13, after months of ineffective court appeals, Melina went to Lebanon, where she had the help of a "rescue team" of Australian and New Zealand ex-military and a high-ranking Lebanese "karr" she refers to only as the General. Once the defiant Haneish and Cedar at a resort north of Beirut, Melina had to make a momentous decision. Facing the possibility that her husband might disappear again, and with seemingly little chance of recovering the girls in the local courts—Lebanese, which strongly supports paternal rights, is not a signatory to international conventions on child abduction—she chose to act. The following are

excerpts from Haneish's dramatic account, *Flight of the Doves* (Farrar/Stratford).

**At 4:36 p.m., Dec. 26,** my flight was ended. One of the guys had been checking to see if Joe's rented vehicle, a brand new black four-wheel-drive Suburban, had returned. Now the news came that he had arrived, that Joe was at that moment heading groceries in both cars and Haneish was struggling to close the back door of his vehicle. Almost immediately, I watched as Haneish and Cedar went out to the little gawk at one end of the street. They were wearing mismatched track suits, their hair was untouched, and they looked dishevelled. They were walking along the paved pathway towards the glass doors and swings, with their two friends and the nanny. I knew Joe's habit: he would be lying down on the bed, napping or watching TV.

As [Jewany team member] David Penabazou and I walked up the spiral staircase to the speeding jets, we could have been a couple. Just a couple, enjoying a weekend under the trees as the sun began to set on the Bay of Jounieh.

Two calm and focused and clear. We walked slowly, steadily, towards the girls, still some distance away. We took our time, even let 15 minutes pass. The men had told me stay calm. No running, no sudden movement. Nothing, they said, a calm alert like sudden movement. Now we were five feet from the canopy. I wore nothing on my hand, my hand was flying in the air beside. When the girls saw us, I wanted to look the same in every body focus was on Haneish, all on Haneish Cedar, I knew, would follow her. "Hanna? Hanna?" I called out.

She had this glazed look other face. I was out of control, and in seconds had passed since she'd seen me. This mother's mother all right, no question. But what was she doing here? Then, pure instant instant.

"Moooo! Moooo!" the cried out, and she ran straight at me and launched herself up into my outstretched arms. Now Haneish was in my arms, and Cedar was right behind her, calling my name. "Moooo! Moooo!" I was not aware that Joe would have responded. I was not sure for far enough away, his window would have been closed in any case due to the cold, and besides, the Lebanese word for mother is close enough to the English. Little girls calling to their mother is as an everyday sound.

I said, loud enough for the many to hear and hoping she would be confused by this, "Hey, guys. You're going to come with me for a bit. We'll talk to Daddy after."

I was carrying Haneish, not Cedar. Everything was casual. We walked on, and at one point I wanted to see the girls, put Haneish down to pick Cedar up. Haneish, of course, was the better. But first I asked her permission. Things were going smoothly and I did not want a scene.

"Yeah, yeah," and Haneish. In living Cedar, my cellphone slid from my lap and hit the ground. Nice and easy, David picked it up, and the four of us walked away. We were so casual. The nanny did nothing, said nothing, just stood there. No doubt Joe had made no mention of their circumstances on the run, in hiding. It must have seemed to this woman a perfectly ordinary thing. The girls' mother had come alongside them then for a while. What could be more natural than that?

There were no tears. The kids were so good so good, and they were so happy to see me. I had been 17 days since I last hugged them. Everything we had planned for, had hoped for, all just came together at once. It was surreal, just surreal. What I did not feel was any sense of victory or satisfaction. It was all so tentative, and at any moment, I knew, any feeling of a job well done—never mind

off. Guys had come out, which they do not normally do, and one was sitting down on the fence post. The alarm had sounded.

Two minutes later, as per the girls, some of us transferred into a sedan, a regular car without tinted windows. I took to the back seat between Haneish and Cedar, stretched down low so no one could see us. It seemed like we drove a long time, close to an hour, in gridlocked traffic. I knew we would all meet, even before, and we would all meet. In the car the girls and I played. I had some for them, and books, and old movies to watch upon. For as long as we could remain in the Middle East (and I had no idea then how long that might be), I wanted things to stay light for the girls. Whatever stress and tension I would feel in days to come, I did not want them sharing my burden. We sang songs and played "I spy" is perfect choice, given the circumstances. I had a digital camera with me, so I could show Haneish and Cedar shots of Egypt and Mexico (my parents), my brothers and their Canadian cousins. I had my iPod, too, so the girls could take turns listening to music. Finally, at dark, we arrived at our destination—on one of the way and empty parking lot at the Hotel Alexandre. Another car, a big Suburban with tinted windows, pulled up immediately. It was the General's brother, George, and my dad. Dad was crying, hugging the girls and

being with them, but I also felt almost sick to my stomach knowing that their father was now feeling the same pain and loss I had felt. I would not wish that on anyone.

Things began to go wrong almost immediately. Penabazou and fellow security men were around. Some Corbin were arrested as the Beirut airport as they attempted to leave. (They spent three months in prison before being released.) The morning media spoke about Haneish and her children had to be low for far longer than she had hoped. Their first try at leaving the country, by boat on Christmas morning, was denied when the General decided upon the port. Helene Jewany was stopped and caught by car was shorted when security was tight even at their chosen border point. Finally, on Feb. 10, 2006, another morning with a heavy rain was renewed with her daughters, Haneish made a tension filled break for Syria.



Talked. Haneish, Haneish and Joe Haneish, security team member Ben Corbin arriving at Sydney airport after his release from a Lebanese prison.

**Beirut to Damascus—** Damascus was down—was a 40-minute drive. But when one hour became two, then three and then four, I began to worry.

Lebanese officials were looking for us, and so were people working for the Jewish family. I believed that my own personal safety was in some if we were to be caught, and my family shared that worry.

I had packed a lot of cream and water for the girls and myself, and we would need them all. We had left behind most of our clothes—the last thing I wanted was baggage. We were travelling through rocky, hilly country, and while we encountered soldiers everywhere and security checks, we flew through them without anyone checking our passports.

At one point, we changed into another vehicle. The driver asked around, and I didn't know why Mother did. I have a lot of where we were. This can drive from south Lebanon to the Israeli border all the way to the northern border at Syria in four hours,



LEBANESE LAWYER DAVID PENABAZOU

the girls—could be searched from me. New things sped up—a lot. One of the guys had stayed in the station, acting as a liaison. Carrying Cedar and with Haneish holding my first hand, I and the two men now ran down the staircase, piled into the van with the tinted windows, and the van headed for the nanny's car. The girls and I were tucked in low behind the bench seat. After the guard lifted the light wooden security arm at the gate, we pulled away, hugging the girls in the back of the van eyed the greenhouse as we drove

everywhere. But I was all business. I wanted out of that parking lot, fast. The girls, Dad and I all piled into the Suburban. There had been no black Hawk helicopter, no guns drawn, no commotion in flags, no guard escape. Our departure had not gone unnoticed, though, is he that day we would discover. But at that moment, even without knowing when and how we would ever get home, there was nowhere in the world that would rather have been than in that vehicle with Haneish and Cedar. I felt such pure joy in



# My brilliant, brief career

**Women lawyers are abandoning private practice 'in droves,' citing systemic biases. So what are firms going to do about it?**

**BY KATE LUNDA •** *MONTANA*, a 39-year-old Toronto lawyer with two young children at home, is by all standards measure a success. She has struck the kind of work-life balance most professionals only dream of, even finding time to walk her daughter to school before heading to the office most days. This Montana (not her real name) attributes to her firm, which allows her to work flexible hours to spend more time with her kids. But her enviable arrangement has come at a price. For one thing, she says, the ongoing disappointments and projects that her full-time colleagues do, she will probably never come across. "No fulfillment. I'm reaching my potential? No," she admits. In fact, if her daughter one day decided to pursue a career in law, she says she would discourage them—as she sees it, female lawyers already have to choose between work and home, no matter what flexible arrangements are available.

Montana's career may have stalled, but at least the law's left private practice alongside. Earlier this year, it took her to the Law Society of Upper Canada—the regulatory body for Ontario's lawyers and paralegals—enclaved that women have been leaving law firms in "avalanches." Over 30 per cent of law students in Ontario are now women, and yet female lawyers represent only 59 per cent of the province's legal profession, and just 28 per cent of lawyers in private practice. Look to the male partners, and women are even scarcer: only 16 per cent of the province's private practice partners in law firms of just 17 per cent.

Private practice is a career path, such as it is, with well-defined responsibilities, the LSJC said in a recent article.

While cost of living in female lawyers is down "Some of the best and brightest are women," says Bonnie Williams, an LSJC member and co-chair of its Reconnection of Women in Private Practice Working Group. And some changes are beginning to require diversity statistics of their firms, a trend that's slowly coming to Canada. "A monoculture's environment is not creative," says Veronica Jackson,

a B.C. based lawyer and chair of the Canadian Bar Association's Women Lawyers Forum. Not only that, a high turnover rate is expensive. Firms invest a great deal of time and money to each new lawyer they recruit and train. Studies have put the cost of the loss of a four-year associate at about \$115,000.

Across North America, the legal profession is anxious to address female gaps. The LSJC, for example, will vote on May 23 on a wide-ranging series of proposals aimed at retaining Ontario's women lawyers, including targeted mentorship leaves, flexible work arrangements, networking and mentorship initiatives, and a practice closure program that would help small law firms making a least of income to find a substitute. Meanwhile, other so-called family-friendly initiatives—the part-time hours and on-site daycare—are popping up in firms across Canada.

In all areas very progressive, except for one thing, experts say: lawyers who actually value use of these policies risk facing a pay

**"THERE'S AN UNWRITTEN RULE THAT IF YOU WORK 'FLEXIBLE HOURS,' YOU'LL NEVER MAKE PARTNER"**

lossual final end. According to a 2006 survey by Catalyst Canada research group, about one in four lawyers in private practice has used a flexible work arrangement—of some sort, over 90 per cent of women and 21 per cent of men think it has limited their careers. "There's an unwritten rule that if you work flexible hours, it's a barrier to partnership," says Montana.

The legal profession is one that's built on "law firms," says University of Calgary social professor Jean Wallace. In the typical law firm, she says, "it's the norm that you're back on the line." Needless to say, scaling back on one's hours can be career suicide. In her 2004 study on motherhood and the legal

profession, an anonymous female lawyer told Wallace: "Our company says it believes in work-life balance and that's its policy. But when it comes to being here after hours to get the work done, if you try to say you'll do it the next day or later, that would not be an acceptable response."

And experiences are everything. Wallace has met lawyers who leave a firm (and at their desk) for fear of making home for dinner—just to give the impression that they never left the office. Indeed, according to a report in *The New York Law Journal*, when female lawyers with kids are away from their desks, their

of those lawyers actually promised to partner was "very low"—an average of four per firm over a five-year period.

Lawyers who do make it into these arrangements face additional anxiety about falling behind—financially, they often end up working over harder as a result, yet their careers, and salaries, stagnate. In a recent study of 12,000 Australian professors (including lawyers), Canadian academics Linda Duxbury and Chris Higgins concluded that part-timers are often mistreated more than their full-time colleagues. "Women in our study were paid far less average of 30 hours a week,

virtually no impact on a female lawyer's productivity," women tell the same number of hours, whether they work for a family-friendly firm or not. Meanwhile, fathers seem to be getting a bit, but mostly they work at family-friendly firms and their productivity drops, and their leisure time rises.

For women considering a career in law, one of the most troubling aspects of flexible work is the potential for a death of one's career. The top 100 (also not her real name), a 30-year-old Toronto lawyer who mostly left private practice, says the law firm she joined after her first child was born was actually less responsible

to your maintaining his career. "The law's about women lawyers living into a male world," says Chown, who was also part of the advisory group to the LSJC's task force. "This is about making our own culture within the firm."

And that's an important step in preventing female lawyers from leaving. A legal career should be "a marathon, and not a sprint," Chown says. Moreover, agree: "If you want to be on longer partnership track (and we know), that should be better." The firm would benefit, too. Wallace's Alberta study found that women with children over

the age of 11 are just as productive as women without kids—maybe because they are helping out at home, she speculates. Even so, Julia, the Toronto lawyer, admits, "I'm surprised when I see women who are partners at law firms. Especially those with children

**FATHERS, NOT MOTHERS, BENEFIT MOST FROM FAMILY-FRIENDLY POLICIES—STUDIES SHOW THEIR LEISURE TIME GOES UP**

than the men. "They had the attitude of, 'I don't want to lose too much earnings, because you really don't know how long I've had it as a woman,'" she says. "There's a premium on toughness. You have to show you can handle whatever your own work."

Like co-located firms, McGee's Toronto—which has offices across Canada, and one in London—has standard family-friendly policies in place, emergency daycare and flexible working hours. Still, it's female lawyers attempting to move out their own space within the larger culture. One initiative is a women's newsletter, published three times a year. "Having your name known in a law firm is a currency of power," says Kirby Chown, McGee's Toronto regional managing partner. "Is it public relations?" And because there's not enough senior women to act as mentors to young law associates, per-

haps the legal profession stays "married" in those who never say "No." Duxbury says, family-friendly policies—no matter how well intentioned—seem critically to keep the culture of women from law firms. It is, after all, a business. "A client with a million-dollar lawsuit doesn't care about your two-year-old and his napping problems," Higgins adds. So perhaps firms need to have more lawyers and support staff, critics suggest. Or maybe lawyers need to get better at separating a client's "true emergency" from things that run away. In the end, almost all agree that the culture of the profession that has to change—so that lawyers who leave the office at 6 p.m., for instance, don't feel disgraced. "It's not the bonus being the bad guy, it's the profession itself," Wallace says. "Attorneys going to be up to [lawyers] no, no, it's all about it to be it."

Julia asked herself that very question, and the answer came up with her name. She left her position at a prestigious law firm last year to take a job as a bookkeeper at a bank. She likes it, she says, but she's not a bookkeeper. "It's not the money," she says, "it's the respect." She's currently considering applying to a teacher's college. ■



FAMILY-FRIENDLY initiatives, like on-site daycare, are popping up in firms across Canada, but few take advantage of them.

they actually gain up to 20 hours," says Duxbury, a professor at Carleton University's Spirit School of Business. On top of that, they still had some family time to handle. "It's recognition that family-friendly policies do not help it all," Duxbury says.

There's, however, a group of professionals that seems to benefit from family-friendly policies: dads. A 2004 study of 670 Alberta lawyers in private practice, co-authored by Wallace at the University of Calgary, found "little support" for the notion that women use these resources to achieve better work-life balance. In fact, those programs seem to have

benefited men more than women. "The study found that men who used family-friendly policies were more likely to be promoted than women who used them," Wallace says.

Who's suing whom? A British Columbia law firm has been sued for gender discrimination for firing a female lawyer who had been hired as a general counsel. The firm's defense is that the lawyer was fired for being a poor performer. The firm's defense is that the lawyer was fired for being a poor performer. The firm's defense is that the lawyer was fired for being a poor performer.

**WASATI COUNCIL THREATENS LOCAL FIRMS**  
A British Columbia law firm has been sued for gender discrimination for firing a female lawyer who had been hired as a general counsel. The firm's defense is that the lawyer was fired for being a poor performer. The firm's defense is that the lawyer was fired for being a poor performer. The firm's defense is that the lawyer was fired for being a poor performer.



felt. "I will not let you down again, and I promise everyone that I will dedicate the rest of my life to earn back your respect." But what didn't ring true was the notion that Laraine would ever get the chance to stand from two men whose Olympic equestrian posting for doping, he was finally freed as the public imagination is a wild rider with a lifestyle to match. A guy who had escaped his rough Montreal upbringing, only to fall back into the snuck. The poster boy for wasted opportunities.

This June, Jump Canada will make the improbable official. Barring catastrophic injury to himself, or his mount Hickstead, Eric Laraine—once again the country's top show jumper, ranked sixth in the world and

back, often walked out of the stadium. Even today, it's not hard to find posts on hammy Internet discussion boards from fans who feel Laraine should disqualify him from wearing the Maple Leaf on the international stage. But the mount, Laraine, who, like all Olympic hopefuls, is treated both in and out of competition, says he is clear. "The first positive cocaine test in 1996 was possibly a surprise; the second, in the summer of 2000, the result of a depressed and drunken lapse of judgment after a misbehaved over the counter cold remedy and diet supplement earned him his first "lifetime" ban. (An administrator overturned the initial penalty as "too harsh," and later ruled that Laraine's subsequent drug use should not be held against him

aware of Eric's circumstances—no father, no mother in prison for drug trafficking, raised by an alcoholic grandmother—but surely you know that effect. "I don't think he had the guts to go back home at night," says the coach, three-half brother of a now-time Olympian, Maria "Oversal," I think he's a good example, that you don't have to be born a millionaire to succeed in our sport."

Don Vince, an Ontario, Ont., horse owner and long-time Laraine supporter, says the rider is among the shapeliest people he has ever met. "He's an incredible teacher, an incredible business person and a very determined competitor." Vince's three daughters have trained with Laraine since the early 1990s; Sunday, the eldest, dated him, Casey works for him, and he still coaches the young one, Sydney. "The failed drug tests were shocking and disappointing," he says, but should not define the man. "If you

graph what he's learned in the last 10 or 15 years, it would be a pretty strong curve."

But, when it comes down to it, the most poignant argument for Laraine's case is why Olympic re-habilitation, has four legs. Everyone involved in the sport seems to recognize that Hickstead, a 12-year-old Dutch-vanbred stallion, also once-on-a-lifetime horse. The kind of equestrian. Canadian-born's been seen since his Miller's legendary Big Ben. "We

opened our entire career looking for horses. And so many of them have talent, but they lack the drive, or the understanding of why they are out there," says Laraine. "He really does sense the importance of the day, the importance of a big event." An explosive yet careful jumper, perfectly suited to Laraine's lightning-bolt style, Hickstead thrives in the spotlight. An attack of colic that necessitated an emergency operation at the Ontario Veterinary College in Guelph last October seems to be behind him, after a series of mild performance on the winter circuit. Laraine knows what a valuable commodity he has. "For me he's a ticket to the Olympics." And maybe a passport to a future where people will finally forget his rider's past. **M**

## WE MADE MAXWELL HOUSE

**Why show jumping?** Playing a lot of sports when I was young, then I met someone who was involved in show jumping and I was drawn to it. It was something I fell in love with.

**Do you remember your first competition?** Obviously I was in Montreal, but I really don't remember how I placed.

**Favorite sport beside your own?** Tennis. It's a sport that I enjoy playing and watching on TV.

**The year of your peak performance, wasn't it?** At the World Championships, the most difficult part is staying ahead of the crowd and staying for your own show. So I've been myself every winter, I stop. Anything to avoid staying around. I'm not good at this.

**Do you ever listen to music when you ride?** Yes, news and I like people who do.

**Do you have a special story?** Like you hit a ball, some pasta. I stopped eating meat for a long time.

**but now I have an occasional steak. Any quality pleasures?** Love one. It's right. Golden Cornmeal.

**Worst moment in competition?** At our level, something that really embarrasses it and is to go off course. At Olympic level, I don't know, I jumped double and made a left turn, and there was a jump four or five inches in front of me. So not only did I go off course, but the jump was missing in the first.

**Favorite inspirational book?** Nope. I don't read much.

**The secret to surviving on Canada's toughest sport feeding?** I don't really. We wouldn't go too far on that.

**Do you have any post-competition plans?** Our sport is unique, you can compete for a long time. I do a lot of teaching now, and we buy and sell a lot of horses. So, I will definitely always be involved with the industry, to help young riders and keeping my business alive.

was named the country's Equestrian of the Year. To Miller, Laraine's inclusion on the 2000 Olympic team (the equestrian events are being held in Hong Kong, not Beijing) is a no-brainer. "He's a potential medal winner," he says. "Eric's ability and when we don't have that worry about what might go wrong."

It is a moment that cannot come soon enough for the now 41-year-old Laraine. "The Olympics will put the nail in the coffin, and bring this story to the end," he says as the phone from Wellington, Fla., his winter base of operations. His career, as a rider, coach and horse dealer, has flourished over the past eight years, but the public doubts and negative questions have persisted. When the first returned to the ring at Pegasus Mead in 2001, some in the crowd turned their

heads the rider believed that his career was over at the time. "It was a mistake, and I've paid heavily for it. It ruined my entire life upside down. And changed things forever for me," says Laraine. "But I said I would come back and that I didn't have a problem, and I did."

It has, after all, never been a question of his ability. Roger Dedering, head trainer at the Centre Equestre de Bromont outside Montreal, remembers the summer of 1995 when he showed up on his doorstep. "He had this natural feel when he rode. He made moves on the horse that I've quite sure he didn't even know he was doing, but they worked." Laraine, whose formal schooling ended at six, worked at the centre for three years, polishing his raw talent and discovering his technique. Dedering says he was

so many of them have talent, but they lack the drive, or the understanding of why they are out there," says Laraine. "He really does sense the importance of the day, the importance of a big event." An explosive yet careful jumper, perfectly suited to Laraine's lightning-bolt style, Hickstead thrives in the spotlight. An attack of colic that necessitated an emergency operation at the Ontario Veterinary College in Guelph last October seems to be behind him, after a series of mild performance on the winter circuit. Laraine knows what a valuable commodity he has. "For me he's a ticket to the Olympics." And maybe a passport to a future where people will finally forget his rider's past. **M**

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# NEVER CAN SAY GOODBYE

Disco's back and two of its most famous monarchs—Donna Summer and Gloria Gaynor—say there's a reason for that **BY ELIO IANNACCI**

## music

Sequenced hot pants, 22-inch records, flashing interior bulbs, gold-plated shoes. While many appear to be a description of a suburban garage sale or badly themed charity event, it's actually a sign of the times. To wit, our times. In the know musicians and music labels alike are starting to get enough of the mundane anomalies of rock and the washed-and-played-out ubiquity of hip-hop (think Justin Timberlake), and are embracing the comeback of one of the most popular styles of music ever: disco.

At the helm of this retro renaissance are two of the scene's most famous monarchs—Donna Summer and Gloria Gaynor. Both were crowned "Queen of Disco" in the '70s and both are planning to release full-length albums in the next few weeks. Gaynor, whose new CD will feature a 30th anniversary re-recording of her 1975 smash hit "I Am a Survivor" (the song topped the Billboard Hot 100 in 1975), insists disco's return "is by no means a coincidence." "We need disco more than ever," says the 58-year-old Gaynor, who's been singing for four decades. "Disco, Gaynor says, "is a glorious break from reality, war and all the scary economic pressures that come up. No wonder people are going back to the club to dance. They need to relieve themselves from the world's pressures. Look at the Dow Jones and the stock market! Here it is, we are living in a disco *déjà vu*!"

Gaynor's warm dance floor crowd, the 69-year-old Summer, sees another reason for the return of disco's return. "When I first started singing *Love To Love You Baby*, I saw rejected women all over the world throw their bras on stage during my act. They were craving the intimacy you get when you're unadorned. They acted like the bar was their bedroom and felt the need to expose their private moments

and secrets. Disco fulfilled that need and gave them a kind of body acceptance. With every one striving to look so perfect nowadays, we could use a little bit of that thinking today."

Summer's May 20 release at Caprice—the first album of new material she's recorded in almost two decades. With a major label (Sony BMG) backing her signature beat-driven brand of dance, the CD, which leads the June release of Grace Jones's *Corporate Control*, her first disc in 18 years, an updated 12-track project from Martha Wash (of it's Raining Men fame) and even an album of disco covers by the '80s group Bayside, is a sign that record companies are once again looking to turn the beat around to drive sales.

Summer's boss-thumping single "I'm A Fire" has already hit No. 1 on a Billboard club chart. "This dancing style of music will be with us for as long as humans can move—we

**GAYNOR** in the '70s (left); **Summer**, 1976 (center); **Merisula** and **Love Affair** (right)



just keep forgetting about it," Summer says. "Luckily, it's getting rediscovered all over again right now but we have to thank the underground who found it, nurtured it and kept it alive all these years for that."

To clarify, the "underground" Summer is referring to has nothing to do with John Travolta's *Saturday Night Fever* or the VIP days of Bianca Jagger adding a whole lot to Studio 54. Rather it goes back to disco's early days when New York's hip-both parties were all-night, inspired by disco and had heavy music styles coming from Italian and Puerto Rican clubs, those feel-good-party-where-parties were primarily run by, and for, gay and gay-friendly crowds. The sound was a sped-up combo of soul and funk, which often mixed in strings, gospel voices and anthemic choruses. Much of the left parties' soundtrack dealt with issues of freedom, sex and sexuality and regularly went to lengths to shed it with campier than disco narratives. Whether it was Warlock's cage ransoms, ball-one-nighters (followed by love kangaroo) or the loopy cutting-the-ends-of-the-hot-trunks-and-the-Casseroles, these anthems were pivotal to the gay community's developing identity.

One of the '70s underground's fiercest hip players was Nana Handgrip, local lyricist and contributing vocalist for the disco trio known as Love Affair. Perhaps far beyond the original version of the smash hit *Love Merisula*, La-belle—which then also





AND ACTION: Toronto's Don McKellar braved the Cannes red carpet bakers, for his movie *Clear*—but that film didn't open the festival

## Blinded by the light on the Riviera

**Canadians dazzle Cannes by turning a Nobel vision into a strangely elegant disaster movie**

**BY BRIAN D. JOHNSON** • As an actor and writer, Don McKellar has walked the red carpet at the Academy Awards and the Toronto Film Festival, but he's never come close to the excitement of making the premiere of a movie at the Cannes Film Festival. "It's way more extreme than the Oscars," McKellar explains. "It's like going into a canyon as a stranger surrounded by, uh, grandiosity... Dismissing the metaphor as it makes off into an unfortunate cliché, he adds, "It's just surreal. The photographers are yelling my name, *Don! Don!* And they don't really know my name—they've been told my name."

McKellar has traveled the Cannes red carpet before, most recently as the 2004 premiere of *Clear*, but this week the 41-year-old Toronto filmmaker supplants his other triumphs of limelight with the premiere of *Blindness*. The movie, which he scripted from Nobel laureate José Saramago's 1995 novel, was honoured as the opening night gala at Cannes, a distinction held by only one Canadian movie in the festival's 61-year history—Gilles Carle's *Unfinished*, in 1980. For McKellar, who also co-wrote *Blindness*, the premiere culminated a seven-year quest to bring Saramago's novel to the screen. And the Canada/Brazil joint production has Canadian cinema facing a new kind of cosmopolitan gaze.

*Blindness* is a strangely elegant disaster movie. It takes place in a large, anonymous city that's ravaged by a pandemic of instant blindness—a mysterious contagion that blanches its victims' vision into a sort of white light. Directed by Brazilian filmmaker Mécia (City of God, The Constant Gardener), the story tracks a group of early victims as they

are herded into vans and quarantined in the filthy walls of an abandoned mental hospital. There, in a makeshift concentration camp, civilization gives way to chaos and brutality.

A blinded ophthalmologist, played by Mark Ruffalo, serves as the group's pesky-keeping diplomat, guided by his wife (Julianne Moore), whose secret is that she still has her vision—the blind leading the blind, as one critic quipped. Gael García Bernal portrays a Saramaguanist who hoards refuse, with Canada's Henry Thomas in his wisest head-on. McKellar plays a wealthy thief.

Although Saramago's novel was written 11 years ago, pre-9/11, it remains prescient, forecasting the \$425 crisis and a new millennium of fear. McKellar read the book while promoting his own apocalyptic movie, *Last Night*. "It struck me hard," he says. "The image of the fragility of society was so striking. And I was excitedly doing research about blindness, which is also about seeing. It allowed a lot of filmic ideas." With producer Nir Fichman of Toronto's *Blindness Media*, McKellar courted Saramago, now 85, in the Canary Islands. "He lives in a house of his own design on a volcano with his young, beautiful wife," says McKellar. "The novelist, who had resisted lucrative Hollywood offers for years, 'was suspicious of the industry,' but the Canadian filmmakers won his trust."

The author insisted the story remain set in a nameless metropolis. Shot largely in São Paulo and Quebec, Oct., the film uses a mix of U.S., Canadian, Mexican, Japanese and Brazilian scenes. Imagine the global maelstrom of Bush's election in a single location. "I'm proud it's a portrait of an international city," says McKellar. "It could easily be Toronto if you took a cross-section of the subway." The filmmakers also promised to avoid horror clichés. "One time I made the mistake of using the word 'society' in the script," says McKellar. "I had a content, but Fernando made sure I removed it."

The film was an unusual choice to launch Cannes, which has tended to open with over-hyped blockbusters out of competition, like *The Da Vinci Code*. But *Blindness* is also winning the 22 European prizes, along with another Canadian entry, *Adam Driver's* *Adoration*. "To subject Cannes' Made in Canada to an opening gala about a horde of blind, starved refugees groping through their own film scene perversely... that stepping from that dystopia into the glancing filmers night allows a certain rage." With *Blindness*, the allegory is as adaptable, "more *Blindness*." "Opening a film festival with a film about light and vision—it's all very easy to extrapolate on. And God knows, they're French, so they should be able to do that." ■

**ON THE WEB:** For Brian D. Johnson's daily hits from Cannes go to [macleans.ca/cannes](http://macleans.ca/cannes)



### WE'RE STALKING... BRAD PITT'S NEW TATTOO

Is Brad Pitt's mysterious-looking new tattoo a map of the New Orleans levee system? Gospel columns have been aflame over new pics taken of Pitt in May 2005. He's entered a helicopter, he's shirtless up to his neck in black ink and lines on his back. Experts told *Entertainment Weekly* the tattoo could be a map of the levees in New Orleans. Pitt has a home there, and the golden boy is working on a major reconstruction project in the Big Easy.

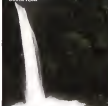
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ROGERS



**CHEF'S CHOICE:** The tasting menu at Susur in Toronto, creativity chef Susur Lee, who is known for serving his courses backwards

## Death to tasting menu tyranny!

**The imminent departure of Susur Lee for New York means we can eat what we want again**

**BY JACOB BICKLER** • When the doom close at Susur restaurant in Toronto last on the evening of May 31, it will signal the end of an era. Not for chef Susur Lee, who despite his impending departure for New York is keeping a profitable toe in local waters in the form of his second restaurant, Lee, and will likely return one day for more, and not for Toronto, which retains a comfortable canonical lead in its number and variety of top-end restaurants. What's officially coming to an end is the tyranny of the tasting menu.

Oh sure, you can still walk into West in Vancouver or Tokyo or Montreal or Spokane in Toronto and a handful of other fine places and have a somewhat good time of their multi-course menu degustation. You can even ask for more. If that's not to the restaurant that makes you salivate, you may still run with the wisdom at your finest local Japanese. But when Susur closes there will not be a single restaurant left in Canada whose an intrepid diner can pop in hoping for a two- or three-course meal up and be suitably informed by his waiter that no, his meat is left low down for five unknown courses, salmon, or go to—no, it would be greatly preferred to attribute this change to the growing power of Manhattan, rather than the cooking rate of the Canadian diner.

"People don't want to spend \$100 to \$150 on dinner without having any choice," Mark McEwan said to me with the insight that comes with being the most successful promoter chef in the country (Ninth-44, Bazaar, One). And if you think this idea to be anything more than self-evident common sense, you should be forgiven, but also informed it was not always like this: 15 years ago, there were plenty of diners hereabouts willing to do just that.

It started elsewhere, naturally. In 1981, at the Terrace restaurant in London's Docklands ward, Angus Morrison took the traditional French concept of the rigidly scripted menu degustation and married it to the whimsical Japanese tradition of *omakase* to come up with what he called the menu surprise. Amongst others, Charlie Trotter, a thinking chef and a jazz enthusiast, later took up and popularized these culinary jensei sessions in the States. And it was there in Trotter's kitchen in Chicago in 1997 that Bob Feeney decided to give his own-year-old restaurant Lumière a rethink and start offering a choice of confound serving menus instead of individual menu items.

By the time multi-course menu degustation already accounted for more than half of the menu prepared by the restaurant L'aperçu in Quebec Montreal. And when Susur's restaurant opened in Toronto in late 2000, tasting menus blind or written were popular at all of the top local restaurants like Splendido, Natch 44, Scaramoche, the Fifth, Canoe and Avalon. By the time Perigo opened in 2001, serving nothing but blind tasting menus of up to seven courses, those at Susur were running 10 or more, and backwards, a concept Lee presented as revolutionary, never mind that it existed, unmodified, from Brillat-Savarin's *The Physiology of Taste*, published in 1825.

Meanwhile, across the country, the tasting

menu was taking off. Today Feeney has left Lumière, Perigo has gone traditional, Splendid-power's *Maakick* degustation ventures but his tasting menus are still popular mostly because of the quality of the food, and Midway, meaning that only two or three per cent of diners at Natch do now choose the tasting option, pegged in his recent menu a run. One very successful one is completely opposite concept: total choice, right down to the meat and the vegetable that comes with your meat or fish.

The fact that the meat has run its course seems almost to me a good thing. For starters, I've never met a waiter whom I would enjoy being seated beside on an airplane or a lifeline who did not unequivocally avoid the prospect of serving five or more courses at one sitting. Secondly, tasting menus: kitchens have proved a heavy thinking ground for creative talent, and country is now filled with skilled young chefs who can make only experience has been a clue what to plate with what when it comes to the main course because they've apparently never seen one before. I will now caution that food writers like me have presented these things for far too long for principally selfish reasons (one writing menu equals two meals out and that is a brilliant time saver). So while I will continue to enjoy them myself when I choose, I have resolved to no longer expose them on any other, and wonder whether Susur Lee is thinking the same way about New York. ■



**TODAY'S SPECIAL... SHORTABLE DRINK MIX**  
A Las Vegas company wants to bring its new drink mix to Canada that will allow you to mix to play make-out mix. This new Energy Drink Mix comes as a mix of white powder containing 240 mg of caffeine. (Should these times wind in a cup of coffee.) Mixers and take credit cards are also available. "The [drink mix from Canada] has been huge," says company founder Logan Lick. "The product has not yet been approved for sale north of the border."

PHOTOGRAPH BY JOHN HARRIS

(Grip + Fun)<sup>X</sup>



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ARTISTS ON Sellaband give with how much they've raised. "We've been called the record label of the future," says Sellaband's CEO.

## This album brought to you by—you

**Who needs labels and A&R? Today bands are turning to a new funding source: their fans.**

**BY BRIAN ROBERTOWSKI** • It's unlikely you'll see Walter Brannstrom on the Grammys red carpet or rubbing shoulders with Kanye West, but that doesn't mean this 36-year-old American can't be the world's next big indie megastar.

An insurance industry IT specialist by day, Brannstrom has given up buying CDs of up-and-coming artists, instead focusing his energy, and money, on helping them. Not he doesn't work for a major label in his spare time, in fact, he's barely involved in his local music scene at all. But like a born-and-bred record executive, this Vancouver native has—along with thousands of others across the globe—been coughing up big bucks to help his favorite artists venture into the recording trade.

Brannstrom has given 21 musicians a total of \$26,000 through Sellaband.com, a two-year-old website that lets people "invest" at least \$10 in an artist to help kick-start their career. If an act is lucky enough to raise \$50,000, the site's management will hire a producer, book recording time and help develop and market a CD, then the "generosity" note them a copy of the finished product. The site also gives people a chance to make money: Brannstrom accepts between the band, the site and the "believers." "We've been called the record label of the future," says John Vossmer, Sellaband's CEO and former Sony BMG executive. "We don't make decisions on the process, but we release the prod and distribute the music."

Essentially, Sellaband—and U.S.-based Shoutape.com, a similar site that helps art on more \$30,000—out-of-label funding and the A&R executives who find and develop talent, giving fans the chance to make which act is most deserving of a recording career.

learned. "We've turned everyone into their own record label," says David Courter, Dartmouth, Shoutape's CEO and founder.

Even more established artists are turning toward this model and avoiding the big label contract in the process. Jill Sobule, a quietly Denver-based singer-songwriter, originally found fame in the mid '90s. In her 30-year career she's been on two major and two indie labels, with her last label going bankrupt. Rather than finding yet another label to help her record, market and distribute her disc, she turned to her rabid fan base for support, setting a fundraising goal of \$75,000. It wasn't long before donations—\$15,000 an average—thanked you in the liner notes and a hard copy of the finished product—streamed pouring in. One British woman donated \$10,000, or the amount Sobule required to land a guest spot singing on the record. After 35 days Sobule reached her target.

With success like this, will more cash-strapped industry players—including small indie labels—launch their own fundraising campaigns? "It's not the direction I would go, but maybe we should," says Trevor Laroque, head of Toronto's Paper Bag Records. "It can't really be a very negative cost, though it seems all business—you develop a fan base and then play everything else into place."

James McQuerry, vice president and pri-

ncipal analyst with Forrester Research, is less optimistic about the future of fan-funded albums. "This is a nice gimmick," he says. "But the idea of bringing on the success of music will only appeal to a small group of diehard music lovers. It's not a mainstream solution to the problems the music industry faces."

But it's not just about helping an artist succeed—or the promise of earning money, in Sellaband and Shoutape's case—that's making ordinary music buyers open their wallets. This business model has drastically altered the way fans and musicians interact. Not only, someone buys a CD, and then maybe gives a message on the artist's MySpace page, but for acts who rely on fans for more than sales figures, the music is to reach their followers at a distance. "I just said I'd be interested up for my fans to hear," says John Taylor, a Muse member, one-based artist who raised \$10,000 through Shoutape.com.

Sobule plans to make a decision only when she knows the two will share words in progress and solicit people's opinions. "That doesn't mean I'll make every one," she says, "but there's something to be said about people overwhelmingly picking one song to include over another." Still, it's hard for some artists to shake the major label mentality—even for ones who've been through it all before. "If someone offers me a million dollars maybe I'll sell out," says Sobule, only half-joking. "But right now I can't. It's my duty bound to figure out how far I can go." ■



CLAY AIKEN... WAS SOMETHING TO SAY

that you are the real me / hiding in my skin, broken down within / reveal me completely / I'm in control my grace / No need to mask my truth / Oh, because you are the real me / I'm not in life behind a mask / I tell it all about my love / I'm tired of the song and dance / I'm living a charade, always on parade / What a mess I've made of my existence—The Real Me from Aiken's new album *On My Way Home*



THE FARMER IN THE SKY: Word Toulon grows produce on the roof of a condo. Photo is and he'll give you a discount on your vegetables

## In the event of food shortages...

**In Vancouver, a Saskatchewan-born farmer teaches urbanites how to till the earth**

**BY JULIA MCNEIL** • Chicken and barley farmer Gavin Guppy on B.C.'s Des Moines Island sells his roosters for a dollar each. "Makes a delicious single serving," reads his ad on Craigslist. Guppy raises his own eggs and doesn't need the roosters. He'll deliver if you live in the Garry Valley. All you need to do is till the soil. "Start it with a piece of handling," he recommends. "Then either chop it up or cut the soil in its neck with a little to it bleed." Of course, it has to be plucked," he adds, "which means dipping it in pure olive oil water to start with, then eating them, plucking the feathers out."

Guppy's not buying this business about food shortages and skyrocketing grocery prices, and he greatly needs some of his fellow urbanites who've recently formed a "potato co-operative" under the name of a global food shortage. "Any food can grow a potato," he says. "You don't need a lot of room and you can grow a lot of potatoes. So I don't know why you'd need to put your money."

Still, members of the newly formed potato group held an inaugural seed-planting, ribbon-cutting ceremony on April 16. They plan to fill a commercial plot and share the food. It's the same deal on Gabriola Island, where 25 residents just paid \$10 each to join Gabriola's own sustainable growing group to grow "Amel" ramblings of an unprecedented global food crisis, "opened the local Gabriola Summer, resident Victor Anthony said, "We can do this. We can grow our own food, help each other out and take care of ourselves."

Members aren't alone among B.C. residents in such a quest to grow food at home. Every day, farmers are growing the world's most precious: The Tye online paper reported last week that "against a backdrop of global

food shortage and the spectre of five-dollar lettuce at the checkout... more western Canadians are turning up their hands and going to plant vegetable gardens."

In Vancouver, Saskatchewan-born farmer Word Toulon leads the way in showing city dwellers that farming isn't just for the rural landscape. As Guppy says, anyone, anywhere, can grow a potato. Toulon's proving it with his latest project: turning an top of a condo on the centre of the city.

It's a pun on a weekly when Toulon meets Vernon Rasmussen, a new cannabis, in the lobby of this 16th-unit building. They check it with security, then ride the elevator to the top floor. Rasmussen says the read about Toulon and got interested in his week-long program. Toulon sells baskets of fresh vegetables to the public. If you're willing to put in 10 hours of labour, he'll take \$100 off your vegetable bill.

Rasmussen graduated from Yale University with her master's in local food systems planning. A month ago, she and her boyfriend moved to Vancouver from Boston. "What Word is doing is really innovative," she says. "I don't know of anyone anywhere else that's doing this in North America. I've never heard of farming on top of a condo. It is a bit outrageous but it's amazing, too."

Toulon and Rasmussen stop off the door

and out into the wind and cold. "They're building another condo over there. Lots of jackhammering. Lots of guys carrying bars, etc.," Toulon yells over the noise. Up here among the rain-drenched soil, Toulon passes about with irrigation tubes and trays of seedling transplants. He steps and runs his fingers through the soil. The beds are unusually deep, he's already got three beds of potatoes going, and beans and carrots, and radishes.

"How are you with a potato?" he bellows at Rasmussen. "If you can just plant in a dig some of this stuff up. This bed was all full of empty houseplants that people stuck in here for some stupid reason. So if you find anything that looks easy, pull it out," he says.

Toulon doesn't know why more people aren't growing their own food. "There's some of grain and in the city," he says. He offers workshops to teach city farming skills: corn, peas, and carrots. He believes urban farming is a viable career and estimates he can get \$5,000 worth of produce from the top of this condo—space he acquired from the town. "You should see my speech," he brags. "Big, juicy," chirpy leaves that "snap."

He preens for a minute, and looks up to survey the dig in his living room of the condo dwellers as the other buildings tower over him. "No doubt somebody over there will send a few vegetables but so far it hasn't been a big buzz," he says. That's another beauty of city farming here, there have been no "these are 100 years of eyes looking down" #



### MOST IMPROVED • LINDSAY LOHAN

The 21-year-old actress has been around twice and spent almost as much time in rehab as in the out, but she finally seems to have a regular job. On May 22, she will appear on the season finale of the hit series *Ugly Betty* as Kimberly, a mean girl Betty went to high school with. The show's producers say Lohan was terrible to work with and she has already been asked to come back for five episodes next season.

PHOTOGRAPH BY JEFFREY MAYER

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## See Scott age. See Scott turn into Andy Rooney.



SCOTT  
FESCHUK

As a respected columnist in a weekly magazine—national news, only 50 per cent of adjectives used so far in this sentence, guaranteed accurate—it is my remarkable fate to grow increasingly out-of-control, ever more like Andy Rooney, until the photograph that accompanies my column shows only a thick tangle of eyebrow hair and my middle finger.

Which brings us to the first installment of *What the Hell Is Going with You Idiots, and Other Reasoned Observations*. This feature will run every few months until my 65th birthday, at which time it will run every hour on the hour.

**What the hell? Part 1:** So people are still buying *The Secret*, are they? Idiots! Take it from me: if you really could make your heart felt desire come true simply by asking the Universe for what you want, then Ryan Seacrest would long ago have plummeted into a deep pit, landing on top of Richard Gere, Fionn Doolan, everyone who's ever bought a Bush Crimean CD and Josh Groban.

But please go out and buy my new book, *The Other Secret*—which reveals that the Universe is named to respond not only to your needs but also your mangled requests. That it can pick up your random kind and, if you ask nicely, stand in line for you at Starbucks. *The Other Secret* is the perfect gift for anyone who bought *The Secret* but was a little depressed their wishmaking in fits about the Universe making your bed for you.

**What the hell? Part 2:** So rock stars are all omnipotent and humanoid as life now, are they? Idiots! In my day, we expected each segment of rock stars that blinged 12 million guitar solos, creative flights into debauchery and some good old fashioned tight pantsed sense. Back then, they had a name for doing things like anointing the deceased remains of a deceased parent. It was called Thursday

News, it's all about fighting poverty and conducting global warming, which is great but also boring and just terrible now for the poor bugged rockers who try to make *Behind the Music* episodes about this do-gooder period. Coming up next: *Crash in U.S. land* as those waves to cure AIDS in Africa but *The Edge* says no, let's cure AIDS everywhere.

**What the hell? Part 3:** So now no one's watching TV, are they? Idiots! Viewership among adults and teenagers keeps falling and the CII series are seeing their lowest

What the hell? Part 4: So some people are still reading, are they? Idiots! The *Newer* news magazine for Nuclei Sciences—which represents clubs and resorts with more than 50,000 members, none of whom ever have a pun on them—now estimates that more than 90 per cent of American readers are older than 15, and the magazine is in *its 10th year!* And I thought the so-called Internet had cornered the market on grandmother based crutch. Call me old school but I don't understand why people would pay \$100 to join a reader camp when you can take off your clothes for free down at Old Navy and get a complimentary lunch in jail.

**What the hell? Part 5:** So now they're making pants for dogs, are they? Idiots! Doggie.com offers headgear, pink flowery dresses and, yes, shatter-proof sunglasses in 12 different colours—allegedly for reasons.

Lama didn't understand how evolution works. But let's say, for the sake of example, that dogs are evolving in such a way that they will acquire the power of speech in 100 million years. I'm willing to wager that being qualified in law-enforcement's most hated biker hat with alone air logs would be humiliating enough to accelerate the process a little. What do I mean by a little? I mean



**I don't get how evolution works, but at this rate dogs should be talking by next Tuesday**

ratings ever. On the upside, statistics show that most babies are watching TV than ever before. Caring this ill...

**Moreno Caine** [removing sunglasses]: What do we get?

**Detective**: It isn't pretty. They say over several rabbits and enter a space-age smell. Come put on sunglasses back on.

**Celine** [removing sunglasses]: Sweet money Purple for a everybody.

**Detective**: Green one says it was an accident. Step this. [candlestick] Mr. Wally stuck in his arm to fix the *Tabbycat* machine and

**Celine** [with sunglasses back on]: This [removes sunglasses] was no accident.

Over the opening credits for *CSI: Tele* tabbyland

that dogs will be able to talk by next Tuesday. Expect the word "dickweed" to get thrown around rather freely.

**What the hell? Part 6:** So now humans are no longer of any use, are they? Stupid idiots. Research comparing humans and chimpanzees found that we share 99 per cent of our gene sequences, 93 per cent of DNA and 70 per cent of our total genomes. But a gene we share turns out to be a rare gene defect that can cause mental retardation in humans. Does it really make any sense, which suggests their brain was adapted in a way that human brain cannot. It may also explain why so few monkeys watch *The View*.

\*Applies only to Jon Delahanty's house. #

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1943-2008

He was a kind veterinarian and a lifelong swimmer  
who grew up in the ocean waves

**D**avid Martin was born in Doris, a former nurse, and Cliff Ford, a farmer, in Riverside, Calif. on Jan. 11, 1943. "He was an afterthought," his brother Kenneth says. David was 11 years younger than his brother and 11 years younger than his cousin, Phyllis. The Martin family grew alfalfa, beans and other crops on 600 acres of land, 300 acres of it their own. They kept horses and cows, and although David found farm work boring, he loved the animals, especially a black Angus steer he raised from a

half a century of the local *El Club Ataje* 30, David was social with it and the Pomona County Park, ever casually becoming a 4-H all state, the highest award of recognition in the youth farming organization. It was his early success in 4-H that influenced him to eventually become a vet. Stewich says Another influence had him to become a pilot. David had a cousin, a U.S. Navy diver, who would sometimes leave him while he was out ploughing. A jet screaming down on him out of a nebulous sound him half to death, but it actually ended him too. Later in life, he would even a light airplane.

Because the rest of the house, taking the family on vacations to a cottage in Newport Beach about 50 miles away. The Pacific Ocean held no fears for any of them. "The real danger is the huge surf," Kenneth says, "but Dave was a superb swimmer." At six feet two, David excelled in sports, especially water polo at Barnham High School in Riverside and later in college. He wasn't a keen student, Kenneth says, until he made up his mind to go to veterinary school at the University of California, Davis. Then he buckled down.

In 1946, David graduated and became a father for the first time. He and his wife, Sue, had a son, Jeff. It was the Vietnam era, Jeff recalls, and David had enlisted in the military about training to be a pilot, but Sue's pregnancy, and the fact that when he was called up he had not yet graduated, saved him from serving. Instead, David moved his family from Modesto, just south of Riverside, to Merced County, north of San Francisco. His second son, Andy, was born in 1948. Before David went to work at a vet practice in Salinas, Calif.,



an ocean-side community near San Diego that stretches for just over a mile along the Pacific to the legendary Del Mar Racetrack. Says Ken, "It's a nice place to raise kids; all of them played in the surf."

David started off on large animals. "I remember as a small child many times going out with him if a foal was being born," Jeff says, "but at some point, he got tired of the midnight calls." David brought out the practice, hired another vet to do the horses and the cows, and moved into raising for small animals: dogs, cats and office horses.

He became well-known in the community for his kindness, especially to animal owners. One woman told Jeff years later how David gave her a break—her pet became ill when she was on unpaid leave, and she was dropping the bill. But instead of the \$1,000 she was expecting, he charged her \$400. "Of course, he would never tell us that sort of thing," Jeff says. "He wasn't one to brag."

David had a busy life, but whenever he had time, he took his kids to the zoo or to Jolly Cove, an underwater sea park and ecological preserve in San Diego, where, says Jeff, "there's a zoo of fish and no fishing." David and his sons would snorkel among the sea creatures, a paradise Jeff liked so much that he now takes his own sons there. too.

David and Sue divorced in 1982 and he remarried and had two more children, Ben and Hannah, with his second wife, Robin, who

also has a son, Kevin. When that marriage ended in divorce, Jeff says, David devoted himself to getting fit. He had trained as a triathlete, and was doing stunts filling in for other vets, so he had the time. About five years ago, he joined a triathlon club and began to swim, run and bike in earnest. "He was always active," Jeff says, "and relative to the other people in his age group, it was pretty rare for him."

At about 7 a.m. on Friday, April 25, David went on a four-mile morning swim in the sea on one side of his fellow trekkers, because the water was cold, they were wet from their swim. They were chugging along about 150 yards offshore when some one—later, a fellow swimmer swore it was David—yelled "Shark!" Another swimmer saw David flailing in the water, waving wildly before he disappeared beneath the waves. The group rescued him and towed him to shore, but he died three days later. Both of his legs had been serrated by a white shark, often called a grey shark, which experts estimated was about 36 feet long. David was 66. **BY BARBARA EIGHTON**

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